

Report on the class held on 8th of September, 1988.

Mother and Child Care and Immunization. By Dr. Moni.

M.C.H. (Mother and Child ^{health} Care) :

The programme of the government is always based on some identification of the problem. Government sees the ill-health of the mother based on from this three aspects:

- Mal Nutrition.
- Infections.
- uncontrolled fertility;

Over the years the government has come up with M.C.H. programme in order to prevent the mortality of the mothers during pregnancy and birth even it is to tackle the problem before pregnancy.

Antinatal care - check-ups before pregnancy.

Prenatal care - check-ups during pregnancy.

Postnatal care - check-ups after delivery.

Child under five Clinic.

This all come under the programme of Mother and child health.

The pregnant woman has to meet the doctor once a month for the first eight months of pregnancy, and once a week during the last month.

The Minor Problems During the Pregnancy are:

- Nausea or vomiting.
- Burning or pain in the pit of the stomach or chest.
- swelling of the feet.
- Low back pain.
- Anemia and malnutrition.
- Swollen veins.
- piles (hemorrhoids).
- Constipation.

Danger Signs in Pregnancy:

- Bleeding.
- Severe anemia.
- Swelling of the feet, hands, and face with head ache, dizziness, and sometimes blurred vision, are signs of toxemia or poisoning of pregnancy. Sudden weight gain, high blood pressure, and a lot of protein in the urine are other important signs.

To avoid all this problem they have to see the doctor and have a check/of the followings:

- Weight.
- Urine test.
- Blood pressure test.
- ✓ Placement of the child.

How to stay healthy during Pregnancy:

- The mother should eat well.
- Good hygiene.
- Should not take any medicine without the advice of the doctor.
- Should not smoke or drink.
- Getting enough exercises and rest.
- Tetanus vaccination to prevent tetanus.

Under five clinic is focussed on:

- Growth monitoring (charting).
- Preventing some preventable diseases.
- Some nutritious education.

School Health:

There will be screening of any of the sensory defects. All this programmes are generally planned from dealing with the above mentioned three problems: malnutrition, infection and uncontrolled fertility. Thus the government thinks that the health of the mothers are safeguarded. But we should know that health is not absent of sickness. Our programme are directed at removing the tripple problems by which we think adequate health could be given. Hospitals are geared with only ill-health, but they don't deal with how to provide health.

IMMUNIZATION.

Vaccines give protection against many dangerous diseases. The injection is given and the body produces antibodies to fight against the disease. The substance what we inject is called vaccine. The vaccine is the same bacteria or virus which causes the sickness, but it is altered so that it cannot cause sickness, it can prevent the sickness.

The common vaccines which ~~are~~ we have are :

- B.C.G. for T.B.
- D.P.T. for Diptheria, Whooping cough (Pertussis) and Tetanus.
- OPV (Oral Polio vaccine) for Polio.
- D.T. for Diptheira and Tetanus.
- T.T. (Tetanus toxide) for Tetanus.

Measles vaccine

- TAB for Typhoid.
- Cholera vaccine.

The disease which children below five years should be vaccinated are:

- Tuberculosis.
- Diphtheria.
- Whooping cough.
- Tetanus.
- Measles.

B.C.G.: A single injection is given in to the skin of the right shoulder. This can be given from birth to up to 18 years. But childhood is preferable. This is a live organism(Vaccine). There are few reactions due to this vaccine. Reaction will start only after a month, swelling, ulcer will form. It will take roughly 3 months for cure and a scar will be formed. Some children also may develop swellings in arm pit. Even in such cases you needn't worry. Give one of the T.B. medicines IMM for some days. This is because the child has very low resistance.

D.P.T.: This is a tripple antigen for Diphtheria, Pertussis(Whooping cough), and for Tetanus. This can be given 6 weeks of the birth of the child, but the government recommends from 3 months. For full protection the child needs 3 injections: 3rd, 4th, 5th months, the break can be upto 3 months. After one year a fourth dose(booster dose) should be given. Then between age 4-5 one more booster should be given. Then the child will be protected for life.

Reactions: Fever and swelling, the same night or the next day. Hot firmantation and a fever tablet could be given. If puss comes out due to faulty procedure further treatment should be given.

D.T.: This fox is for Diphtheria, and Tetanus. When Tripple antigen is available why do we give this D.T.? The reason is that whooping cough is rare after 3 or 4 years. For school going children D.T. is enough. It won't produce more reaction. The dose is same like D.P.T.

Measles Vaccine: It should be given from 9 months upto 3 years. Because children don't get this sickness before 9 months. Only one dose should be given. The reaction is same as D.P.T.

Typhoid vaccine(TAB): This is given once in 6 months. It is better to give during the summer months. The person may have pain and swelling in at the site of the injection. Give aspirin tablets to relieve pain.

Cholera vaccine: This is also given once in 6 months especially in summer or if there is any case of cholera in that area. The person may get fever and pain at the sight of the injection.

In order to achieve goodresult:

- you have to educate and motivate.
- you have to tell the reaction.
- The vaccine for Polio should not be given during the rainy season or the person has cold, fever, diarrohea, because any injection rightly produces paralysis.

By
Bro. VICTOR S. CRENEVAL.

On 5th 9.88 we had classes on Community Health development in Ashiswad. The class based on Community Health development was taken by Dr. Ravi.

He has mentioned most of the important points. He says, 80% of the people live in the village. It has $7\frac{1}{2}$ lacks villages. Around 3000 drug formulation are there. Among these 160 are essential one. But there are not easily available because of less production.

Ramakrishna's Story.

She has problem - she did.

Child with diarrhea - local medicine (power).

Herbal ~~toxic~~ medicine, prayer.

Local doctor - injection, mixture.

Contaminated water, long journey to Hospital when she reached to doctor. She found long prescription, the doctor shouting at her, bedlams at last the child died because costly bill. - water not available.

poverty - low wages } ultimate factor for problem.
Exploitation

If the mother know to give solution, Hot water sugar + salt the child will surely will be saved.

1. Today in India infant mortality is rate 100/1000. India has 120 medical colleges and it produces 1500 doctors every year. So that we can do is. We can tell the people how to prevent the sickness. If we get also how to locate with available material.
2. Demand for right health is linked with building a just society good.

COMMON PERSPECTIVE IN EDUCATION AND HEALTH.

By FATHER CLAUDE
B. SOUZA SJ.

Good news today is to confirm the absolute of every human being. It is a sign of God's presence for us. Jesus mostly went with rejected, poor, despised. All of us are God's children. As we really preaching the good news, good news can be understood in

different ways by different people in different situations.

How can I affirm this goodness?
By affirming everybody. When I don't discriminate people. When I always extend my hand, when I always stand by the weak. Our affirmation should be affirmation which should be able to help people. For this we should know what is the situation of the society.

Why these are despised, discriminated? We must understand the situation of the society. Why all the discrimination are happening we have to understand this situation at the small level so that we can affirm it rapidly. We need to understand the whole fabric of society. The goodness is everybody has a future, everybody is precious to loveable.

Communicable Diseases

By Dr. Sp. Takur

Bro. Clement

Communicable disease means which can be communicated

Forms:

What is the cause of the disease?

How do you identify it?

How to handle the disease?

Precautions to be taken during the disease

Preventions; Extent or magnitude of the problem.

Plague.

It caused by a Bacterium. This disease was prevalent in 1900 and before.

This disease actually of Rats (Zoonosis). belong too and it is accidentally communicated to men. from rat this rat flea is the cause to communicate to men.

We can identify it: High fever, Severe head ache, back pain, fast fever.

How to handle it

- person has to be isolated -
- Spray the whole room (with medicine)
- while handling the person he has to use mask
- inform the local authorities
- plenty of water is to be given

precautions

- All Rats to be eliminated in surrounding areas
- fleas to be killed
- Contacts to be kept under surveillance (observation)

Prevention

Eliminate Rats, fleas.

Small Pox (Typical human disease)

This also has been eliminated. The last case. incident. free was in 1976

The cause of this disease was Virus and transmitted by an air borne or dropped in sputum, cough, sputum, Spill. By contact, transmitted

How to handle to identify

There are 2 stages in this disease.

- High fever for these days
- After this Redness rash will form (more on upper part of the body) the same thing will be converted into vesicle (fluid Bubbles like). This will become pustule this will be ~~transmitted~~ formed into Scab. This will take about 12 days. This all in one crop, one will develop as all the other, but in chicken some will be Rash, some will be vesicle, some will be pustule, and some will be scab.

How to handle it

① - isolation

- 1) - All the contacts of the person has to be observed
- 2) - Health authority should be informed
- 3) - Only a probated person can take care. One who got it will never get it again

prevention - Vaccination (Small pox vaccination)

Tuberculosis (T.B)

It is caused by a Bacterium called Mycobacterium tuberculosis. It is present in men, animals, birds. This Bacterium has adapted in all the surroundings. It is common in man mainly a lungs disease. It is spread by (Cough sputum). Other than lung it can affect any part of the body: Intestine, Brain, bone, so on. But transmits this disease.

How to identify

- chronic cough - usually exceeding cough for more than 3 weeks continuously
- Blood stained sputum (when he coughs comes out)
- They will have low grade evening fever
- They will have loss of weight, weight

How do you handle it:

- find out the contacts
 - you have a serial, item for diagnosis
 - diagnosis is by sputum test and X-Ray, Blood Test etc
 - B.C.Cr-Vaccine should be given for others. Children should be given this B.C.Cr Vaccine
 - This B.C.Cr gives protection against Brains T.B
- Certain amount of secrecy

Precaution

- B.C.Cr Vaccine
- Treatment should be taken regularly for 8 months.

PR-RAM - Some Organisations } Here our role should be to
- Youth Organisations } organise and see that our
- women, } side differences or pretty
groups should not creep into
the system.

who could help you in this programme
There are 2 kinds of leaders { Formal - by election
informal, they come under the aspect of the people.

- The more and more we work with the informal leader will be successful. Otherwise more and more failure.

We must have the Community Participation

There are 2 types of participation { the programme
our programme.

what is our role here is that we can pass on some information and arrive at the solution. Suggested by them. That is what we call nowadays Non-formal Education, Problem Solving Education

To day we paid a visit to "Ragpickers Education and Development Scheme". It was interesting for us. In Bangalore 25,000 Ragpickers; who work daily. We can see every dustbin in Bangalore has a visitor for every ten minutes. They move place to place to collect the waste materials. to sell and get money for ~~living~~ daily food.

The Ragpickers are usually migrants from various districts of Karnataka, Andhra Pradesh and Tamil Nadu. In this centre there are about 50 Boys. They collect the paper and bring to the centre. and from there they get the paper for the materials. They are also getting Education here. That will help them to grow more and more. There are many people to help them various ways in the centre.

We also visited "Deena Seva Samaja". Here they look after the Education and health of the Children.

Report on Monday [12-9-88]

Prakash

In the Morning in first session we dealt with group assignment. A idle health worker can undergo in various problem in his field we dealt with few problems e.g. Exploitation of the poor

- in Market places
- By businessmen
- by Media.

We see exploitation in many places especially in rural areas. As a health worker one can remove the ignorance of the people. The same way in business and media.

The second session also is pulling in by various sickness and disease.

1. Typhoid

Typhoid caused by bacteria. This also fever going up by step by step called step ladder pattern. This is caused by water feco-oral contamination.

Symptoms: The illness develops from one to two weeks after the infection occurs. The person becomes feverish, with headache and pain in his back, arms and legs. Red spots may appear on his body especially in abdomen. The invading bacteria grow and multiply rapidly in the intestine. They cause changes chiefly ulcerations, which are often accompanied by hemorrhage. If the ulceration become severe, they make holes in the intestine. Some time typhoid germs get into the blood stream. Then complications follow. The bone marrow may become infected or membrane covering the spinal cord may become infected causing meningitis. Typhoid fever reaches its height at start of the third week. By the fourth week the intestinal ulcers begin to heal.

Treatment : Cold sponge baths help to control the fever. Large amounts of liquids are given to keep the person from becoming dehydrated when the person has lost blood because of intestinal hemorrhages the doctor will some times perform blood transfusions or ~~infusing~~ infusions of blood plasma. The doctor may also prescribe some of the antibiotic drugs.

Prevention : Good personal hygiene and public sanitation are the best measures for preventing the spread of typhoid fever. A special vaccine made from killed typhoid germs can protect them for several years.

Round Worm (Asearies)

The worm is about 20 cm to 30 cm long and pink in colour some times white also.

How they spread :

Faces to - mouth : Generally happens through lack of cleanliness. The round worm eggs passed from one person's stool to another persons mouth. The eggs of the person worms which are found in the earth after get under nails and swallowed when taking meals or by bad habits of sucking the fingers.

Effect on health :

Once the eggs are swallowed, young worms hatch and enter the blood-stream; this may cause itching. The young worms then travel to the lungs, some times causing a dry cough or at worst pneumonia with coughing of blood. The young worms are coughed up, swallowed, and reached the intestines, where they grow full size. If large number of worms are accumulated they form lumps and cause intestinal obstruction.

Prevention: Build and use latrins.

Do not let children go bare foot. Soil pollution must be prevented. water should be boiled and filtered for drinking purposes. Raw vegetables should be thoroughly cleaned and washed. Fruits eaten whole should be washed well as they are often picked upon from the ground or touched by persons with unclean hands.

Treatment

After taking advice from a doctor alcopar can be given. Eat food rich iron. e.g. Jaggery, Tamarind & green vegetables. Stool examination should be done to confirm complete eradication.

Syphilis: Syphilis is a common and dangerous disease that is spread from person to person through sexual contact. Syphilis is highly contagious in its early stages, but usually it does not make the person extremely ill at this time. The germ (Spirachete) may cause a sore at the place where they entered. Later they invade lymph glands or cause sores in the mouth or on the skin. The weight patient may also be nervous, feverish, anemic and lose weight. These symptoms may disappear but meanwhile the germ spreads through the blood to other parts of the body. In its late stages it may attack the brain, spinal cord, blood vessels, and valves of the heart. It can cause insanity, paralysis, blindness, heart disease or large open sores on the skin.

If any ~~or~~ strange rash or skin condition shows up days or weeks after a simple or sore appears on the genitals it may be syphilis. If unsure get medical advice.

Many round worms in the intestines may cause discomfort, loss of appetite, weakness indigestion. Children with many roundworms often have very large, swollen bellies. Round worms some times comes out in the stools or crawl out through the mouth or nose.

Prevention: Wash hands before eating. Keep nails clean, Good personal hygiene. Eat vegetables and fruits after washing properly. protect food from flies.

Treatment: piperazine tablets are safe and effect. It is essential to complete the course. Some worm remedies work fairly well.

Hook worm: The Hook worm is one of the most dangerous parasites that harm the human body. It attaches itself to the intestinal wall with the help of its sharp teeth and suck blood. A child who is anaemic very pale or eats dirt may have hookworm. Hook worm is about 1cm long red in colour. They can not usually be seen in the faeces. A stool analysis is needed to prove that they are there.

How Hook worms are spread

The young Hookworms enter ^{to} a through bare feet. This can cause itching. Some times they may enter the body by eating of vegetables that are not washed properly. In a few days they reach the lungs through the blood-stream. They may cause a dry cough. The person coughs up the young worms and swallows them. A few days later the person may have diarrhoea or stomach-ache.

Treatment.

Inject procaine penicillin. To cure Syphilis completely it is very important to give the full treatment. persons who are allergic to penicillin or who do not get better with it can take tetracycline. Injection PAM is effective if a person has both syphilis and gonorrhoea. If there is any chance that someone has syphilis, he should immediately see a health worker. Special blood tests may be needed. If tests cannot be made the person should be treated for syphilis in any case.

Caution: Do not take home remedies or medicines from local or untrained healers for Syphilis. These medicines do no good. The signs of Syphilis often go away on their own. But the germs do not die, without proper treatment, the disease will come back in a more serious form.

Health Education:-

There are many methods of health education, but it is not telling something about health and what is health, it is transferring knowledge, skills in health to others and motivate them towards health. we can put in health in two ways.

Health [→ one way (Teacher tells to the ^{Students} ~~Students~~)
→ Two way (Sit with them and discuss in two ways),

In one way education, the students may not understand the subject which the teacher spoke. but in two ways Health education, the teacher sits with students and discuss with them there is participation in both students and the teacher. So a health worker must be a second catalyst when the health worker wants share his/her knowledge to other certain things must kept in mind.

1. It is better to start the subject which is interest in people.
2. In our session (health worker) the participation of people must encouraged.
3. We also can use in our talk stories, jokes and the language must be understandable by the hearer.
4. Communication is not only sound but in a drawing, slideshow, flipchart etc.
5. Motivate the people to do work.
6. Our talk also should be reinforcement, The main points are repeated in many ways.
7. Lastly learning from doing.

we concluded the session with the Chinese poem.

If I hear I forget
If I see I remember
If I do I know.

Report of the sessions on 9/9/88. By.
Bo. Xavier.

Environmental sanitation.

The word environment means surroundings and sanitation is cleanliness. Thus it means cleanliness of surroundings. Environmental sanitation is a necessary factor in improving health and preventing sickness.

The Environment could be divided into four categories.

- 1) Physical environment.
- 2) chemical "
- 3) mechanical "
- 4) Psycho Social "

The improvement of all these four are necessary for all of us to be healthy. The inadequate sanitation causes various infections and intoxications. We can help in many ways to improve the environment.

Health Hazard.

The things which make us unhealthy are many. The dangers that lies in the environment could be classified into two. one is outside of the house, another is inside of the house.

outside

- 1) Bad roads, which can cause accidents.
- 2) Collection of refuse/garbage. which is the breeding place of flies.
- 3) Flies, Rats, Mosquitoes.
 - Flies can transmit Cholera, Typhoid etc
 - Rats can transmit Plague, Typhoid, also it can destroy food items
 - Mosquitoes can transmit Filaria, Brain fever, ~~and~~ and malaria.
- 4) Stray dogs. - If the dog is mad it can transmit Rabies germs.
- 5) Eating places. - It is unhygienic if the eating places are not clean

In the field.

- 1) Snakes, scorpions.
- 2) Hookworms.

3) pesticides / chemicals.

4 Allergic plants

5 Tools, -- which do harm during agricultural activities.

Inside the house

1. open fire, smoke - accidental burns
2. Badly constructed house, or
3. Cow sheds.
4. Overcrowdings - which causes respiratory diseases.
5. Food storage.
6. Water storage.
7. Excreta both human and animal.

Smoke

Smoke which is produced in the kitchen from the choolas have to be controlled. smokeless choolas have to be made in the house.

Water

The source of water is from the

- well
 - shallow well.
 - DEEP well
 - Bore well.
- Spring.
- Lake / River / Ponds.
- Tap water.
- Rain water.
- Canals.

Drinking water has to be purified in order to get rid of the infectious germs. There are two ways of Purifying.

1) Boil the water

2) Filter - " For filtering either country methods or scientific methods could be used.

Cattle and human excretion can pollute water if the wells are not covered properly. To prevent these ways of contamination wells should be dug in high places and it is advised to have a wall around it.

chlorination of well keeps water from any contamination.
Sockage Pits.

A sockage Pit is consists of stone pieces and broken bricks. In this pit waste water is collected and drained and then used for agricultural purposes.

Excreta.

A large number of diseases are spread directly through main contact with human excrement, indirectly via, water, food and soil, or via flies, cock-roaches and mosquitoes. In a village it could be buried if there is no proper latrine facilities. This way of disposal gives less chance/possibility of infection.

Refuse.

Refusals have to be composted systematically and then to be used as manure. It has to be buried at least 4 to 6 months till it gets rotten.

Our visit to the Leprosy Rehabilitation Centre at Summankalli

It was one of our programmes to visit the leprosy rehabilitation centre on 9th September. Mr. Marthan (our guide) and we ten brothers reached the spot at 3 P.M. we were welcomed ~~and~~ by the sisters and supervisors who stay there and work among these patients. Here the patients undergo treatment regularly and they are paid much attention by this voluntary organisation. After getting cured the patients are asked to go back to their respective places.

The Land for this rehabilitation centre was donated by the Government of Karnataka. It is in a remote area in Bangalore. The administration of

this centre is done by Mr. Thomas Mathew. Fr. Cyriac a claretian priest is the Director of this centre and he visits the place often. The sisters who stay here look after the dispensary and dispense medicine for the patients. They have the facilities to diagnose the disease by skin-smearing test. Under their care the patients are looked after well. &

"Leprosy is curable", this is the slogan used here to advertise and to conscientise people of this dreaded disease. The service which is offered here for the patients is free of charge. Besides the treatment they are trained for some particular works which would substitute the ways of daily earnings. By and large this rehabilitation centre ensure the patients hope and shows concern and gives better facilities.

Bro. ASHIRWADHAN
JYOTHI SHYAM

On Russia in a small town called Alma Ata 1978 where who met and decided this health for all by 2000 year we have a narrow understanding of school health as checking up the students and giving some medicines. But it is not medical check up.

- Teachers Training in health.
- Teacher check children every day.
- Nutrition school meal.
- Immunizations.
- Personal Hygiene.
- Clinic to manage minor ailments.

When the child is naughty - it should not be punished it is a symptom of problem. Health can be subject in the school itself. There are 2 advantages in teaching the child healthy: that the future generation may be better, the message also will go to the Adults. Child-to-child Education.

Primary Health Care:

Health, physical, mental and social well being, not the absence of disease or disability.

If we want to have ~~physical~~ physical, mental and social well being in the society then ~~then~~ the primary health care should be available to the society. It was decided in the primary health care is a minimum.

Service which can take care of 80 percent of our problems. Another very important point came up in this meeting was health is right of all the human being. One of the other important idea came up here was ~~that~~ we have to train the local people because the doctors cannot reach all nook and corner of the world.

what is primary health care

- Education about common health problem and prevention.
- Promotion of food supplies and ~~is~~ proper nutrition.
- Safe water and basic sanitation.
- MCH and Family planning
- Prevention and Control of local endemic
- Treatment of common injuries and simple illnesses.
- provision of ~~some~~ essential drugs

Report on 13/9/88.

'Health Education' Dr. Ravi

In health education we can use stories, Flip chart, Flannel board, Flash card, childrens game, puppet show etc. To teach the children stories are the best way. The stories must be acted in an interesting way. There must not be any confusion of too many names and numbers of persons. We must use only common names. The message must be clear.

PHC. Dr. Gurunaj

PHC is important for the health.
PHC was started in Karnataka in 1950.

How PHC works.?

The main aim of PHC is to give basic health to all people. For the units of PHC has one Director. Under him 4 Doctors among them 2 ladies too.

↓
Multipurpose Health worker (male and female).

↓
Health Inspector

↓
Block Health Educator

↓
Computer or statistician.

The health-workers are supervised by Senior and Junior Health-Assistance.

Then again under them -
Village Health guides

↓
T.B.A. on D.A.S.

↓
AWW - these people we find for every 1000 people. This system is known as 3 Tiers health-delivery system.

PHC is the nucleus of health services.

they prevent

- promote
- Rehabilitate
- cure

Under PHC -

- Communicable disease control
- school health programme
- Vital statistics
- Various health education activities
- safe water supply.

Some of the National programs are -

NBPP, EPC, NFWP, NTCP, NLCP, NDDCP, SHP, NMHP and NOSTD.

PHC is working under these National programs.

PHC Medical Officer

To provide health service

- cure
- promote
- prevent
- school health programme
- control of communicable diseases
- pure water supply.

He is the leader, manager and supervisor to all those under him.

PHU = 1 Doctor and 4-5 health workers.

Sub centre = 2 health workers male and female.

Their duties -

male = Communicable disease control

female = Maternal child care.

Both are equally of Family planning.

Basic functions of health workers are :-

Family planning.

- identify the couples
- motivate them
- give information of contraception
- bring them to PHC.

Immunization - record of all the special events

- " children born.
- " Immunization etc.

Nutrition programme

- give nutritional food
- Road to health card - these are their functions.

A W W = Functions :-

- give food
- Health-care
- Immunization
- Education (basic)
- They have to visit the families and identify the disease and send for check up.
- Conduct deliveries
- Vital statistics - Birth, death, marriage etc.

Village Health guide = must be from the same village and must have some basic knowledge. And they must be accepted by the people

Section by Dr. Jerry.

He and his team is working with the tribes near Mysore. They work with 'Kadlu Kuruba' (tribes). But 'Jenu Kurub' are more among whom they work too. They were living in the forest. From 1977 onwards they started to work there among them. They were all landless people because the land lords took all their land. They were working ~~as~~ under them as coolies or as bonded labourers. Land was given to them by their groups work. And they have started a school among them to give them education. They formed peoples 'Sangas'. They also started their hygiene programme, kitchen gardening, MCH and Nutrition. There is no dowry system. After marriage they go separate from the family. Even after marriage they go as they like but nobody bothers it.

Game on "CHIKKANAHALLI" By Dr. Ravi. 06.09 '88.

It is a second day of our two weeks intensive course on Community Health and Development conducted by the CHD groups in their cell at St Mark's Road Bangalore. The session begins shape at 10.00 a.m. The morning session was divided into two groups, under the guidance of Dr. Ravi Naryan and Dr. Mari. The session was very interesting based on the "CHIKKANAHALLI" game on how to be an authentic social worker in various groups of people in different in different walk of life and how to approach the people! And what characteristics of people fit to be a social worker! And what characteristic should a social worker possess, who can get along with the people in the Shum + the down trodden, & thereby they gained confidence in the people of that part.

As a social worker to whom shall we approach! because to go on alone is rather risks + narrow minded, only to some extent we can do so. In the light of this topic, Dr. Ravi shared his own ideas + experiences, and cleared all doubts. And we all felt satisfied. And ~~the~~ when we comes out, the res-
ponded from each one of us was: the morning session was very excellent and very useful for our future apostolate where we are going to ap

our life in this unjust (society)
global society.

The second session in the afternoon was on "HOW TO WORK IN THE COMMUNITY" ~~It is a sort~~ by Dr. Kari. It was a sort of repetition on this topic, what we had already in Jyothi Sadan. So, it was not up to the Mark. The sessions of the day ended at 4.10. P.m.

(Return after perusal)

SPT

— Some Notes on Portions
you are going to cover.

— These will give you a feedback
on the JSC students understanding
and some confusions that the
learners pick up because the topic
is somewhat complex.

These

May be helpful in preparation
for the sessions.

Fever

By Dr. Tekur.

Fever is the rise of the temperature of the body. It accompanies many of the different diseases and infections. When fever is an outstanding symptom, it may be the name of the disease as in Scarlet fever or yellow fever.

The important sign of any sickness is fever. Our organism is attacked by Bacteria, Viruses, Fungi protozoa. When fever is present, the body produces more heat than it gives off. The normal temperature of man 97°F - 99.5°F (36.5° - 37.5°). There will be up and down temperature. In fever the temperature is more than 99.5°F is low grade and it remains in long time and goes upward 102°F is high grade fever.

In fever in fact the body and our temperature is high during the heat high temperature the bacteria dies it is a natural reaction of the body, if no reaction the bacteria will grow; the bacteria also produce "Toxin" a chemical which will damage our body, once the body is damaged the pulse rate goes up from the normal state, the normal pulse rate of our body is 72/m. (60-80/m).

The fever which last for a long time usually starts as the period of invasion. In this first stage the patient shows weakness, languor, loss of appetite rapid pulse and chill. The next stage or period of "height" the pulse remains rapid, the body becomes hot, dry and flushed flushed and the temperature rises the patient also manifests thirst headache restlessness, and rapid breathing. During the last stage or period of "decline" the temperature falls, the breathing slows down, the skin becomes moist and the patient begins to feel better. At the height of the fever, the patient sometimes suffers from delirium, but during the decline, he usually falls into a natural sleep.

There are several types of fever. A continued fever is one in which the temperature remains above normal for several days. An intermittent fever is one in which the temperature drops to normal and then rises again after certain periods of time. In a remittent fever the temperature alternately falls to a point above normal and then rises. In a ~~repa~~ relapsing fever the temperature falls to normal and suddenly rises again after a few days. A slight fever in a healthy person is usually a sign of infection.

Malaria

-3-

There are several types of fever. Malaria is the common disease in our country. So we need to understand what is malaria and how it infects the people. The word Malaria comes from two Italian words that mean "bad air". People gave the disease this name because of its association with the musty, bad smelling air of swamps.

Malaria is caused by one-celled animals, called protozoans, of genus *Plasmodium*. These animals are parasites. They spend part of their lives in the red blood cells of human beings and in female *Anopheles* mosquitoes. These mosquitoes carry and spread the malaria parasites. When an *Anopheles* mosquito bites a person who has malaria it sucks up the blood cells that contain the parasites. The parasites develop and multiply in the mosquito's stomach, then move in to its salivary glands or mouth parts. When the mosquito bites another person, it injects saliva containing the malaria parasites into the victim. The parasites enter the person's red ^{blood} cells. There they grow and burst the blood cells causing anaemia.

A malaria patient undergoes in 4 different stages.

1. cold stage, discomfort.
2. chills & rigors
3. Hot stage.
4. Sweating - fever will go down.

We treat malaria with drugs that destroy the parasites. For malaria we have to take blood smear secondly give chloroquine phosphate 600ml. for adult, 4 tablets for children. But Bacteria will resistance chloroquine so we have to give Quinine meta kelpin.

Viral fever is common disease. There are 200 virus are there. It can imitate anything, for that there is no medicine because it get in to each cell to the nucleus. In any viral cold, cough, fever we can give symptomatic treatment, we also can give eosin, metacin etc; our body want through all the dust through running nose, eyes, To help this we can do steam inhalation, gargles of salt water. The steam inhalation helps to help liquid the dust and kills the bacteria by heat. The wet sponging also helps the body to sweat artificially, Once the sweat is take place there is a lose of water in patient so patient should drink more water.

Typhoid This caused by Bacteria. This also fever going up step by step called stepladder pattern. This caused by water feco-oral contamination.

The illness develops from one or two weeks after the infection occurs. The person becomes feverish, with headache and pain in his back, arms and legs. Nausea develops and he loses his appetite. Red spots may appear on his body usually on the abdomen.

The invading bacteria grow and multiply rapidly in the intestine. They cause changes, usually chiefly ulcerations, which are often accompanied by hemorrhages. If the ulcerations become severe, they may make holes in intestine. Sometimes typhoid germs get into the blood ~~system~~ stream.

Treatment: Cold sponge baths help to control the fever. Large amounts of liquids are given to keep the person from becoming dehydrated. When the person has lost blood because of the intestinal hemorrhages, the doctor ^{will} sometimes perform blood transfusions or infusions of blood plasma. The doctor may also prescribe some of the antibiotic drugs.

T. B. In low grade fever especially in evening. It is caused by bacteria; it is very slow cough, expectoration, loss of weight. This will be 2 to 3 months. If body is very weak it attacks anywhere of the body, for the child it will attack anywhere of the body, for the child it will attack. Today we can see the doctors will give B.C.G (Basil calmette question quesin).

MINOR ALIMENT

By. Dr. SP. Tekur.

Fever :-

Our normal body temperature is 99°F - 99.5°F when it is more than 99.5°F and remains the same then it is called Fever.

Causes of Diseases Disease :-

Bacteria, viruses and fungus.

The Bacteria which is inside the body can function in the body in normal temperature. But it cannot work or keep growing when the temperature is high in the body. So that body naturally raises the temperature in order to avoid the functioning or growing of the Bacteria. It is a natural (Fever) reaction of the body. It is a good reaction of the body. The Bacteria produces Toxin and chemicals in order to fight back, this affects or damages the body. So we have to worry about the Fever. This fever itself damages the body. Once there is fever, pulse rate goes up.

This Bacteria goes to the liver, kidney and damages all the parts of the body. That is why fever or high temperature has to be checked.

Kind of Fever.

Malaria Malaria is caused by a mosquito.

②

when it bites it allows CM P = Malaria parasite into the blood and it goes all over the body.

Malaria then are 4 stages.

- a) Cold stage with discomfort.
- b) Chills.
- c) Hot stage.
- d) Sweating (Fever goes down).

This malaria parasite takes 24-48 hours to grow in the body. This kind of malaria affects the same time everyday; And other kind is that today you have and tomorrow you are alright and again days later tomorrow it affect like that going on. This malaria parasites attacks mainly the red blood cells and enters in to it. This reduces the amount of blood which means leukemia.

Anopheles Mosquito which transmits the malaria - This mosquito always stands in an ankle . Another kind of mosquito which sits down doesn't carry malaria.

How to test Malaria?

- ① Take Blood Smear and test
- ② Give Glorotam phosphate

This Glorotam phosphate doesn't work some areas of our country, Because of the Malaria parasites can resist to this tablet and it can't do anything. So you can take or give other drugs. Quinine, Metakel-diam. Because Malaria we one who has got Malaria he will get discomfort, severe headache and body pain. Virex also common thing which can also cause fever. This is called VIRAL FEVER.

(3)

Virus enters into the each cells of the Body and lives in the Nucleus of the cells. So we don't have proper medicines.

Viral Fever
 Cold
 Cough
 Fever
 Bodyache
 Head ache

The Body by raising its temperature it can control the Viral Fever. For this you can give syrup. If you have cold treat for cold, cough treat for cough.

Treatment for this

Paracetamol (500 milligrams) for fever and bodyache

Cocoin

Metacin

Captacin

To help the killing of the virus we can do two things (1) Steam inhalation (Take a vessel with water and cover it with a towel and the head with a towel and steam this kills the virus.

This viral infection we get through sneezes, coughing from other person. It spreads by Droplet infection, Air born infections.

(2) Gargling Take some warm water and put little salt and gargle. This you can do any amount of times, but minimum 2, 3 times.

Cocoin you have to take once in 6 hours 500g.

The fever comes down by sweating. Your fever will be very high if you don't sweat. So you have to do wet sweating - Sponging (Artificial sweating)

(11)

Remove the clothes; and take a cloth and wet it and apply all over the body and allow the water to evaporate or dry by putting on fan. This do it regularly. Make the patients to drink plenty of water. Because we need plenty of water in order to sweat. This take two to 3 days.

Other kind of fever.

Typhoid: This is caused by Bacteria person has loss of appetite. This typhoid is caused by or transmitted through water and contamination.

Typhoid has got a vaccine called T. A. B.

Typhoid fever is T. B.

In T. B there is a low grade fever especially at evening times. It is also caused by a Bacterium - Mico Tuberculosis Bacterium. It is very slow but it definitely damages. In addition to the low grade fever they may have cough with and loss of appetite. He will be uncomfortable to 2-3 months to reach the high stage.

For this we have to take X-ray of the chest.

Blood Test

Skin Test. Mainly it affects the lung. But if the person is weak it affects many other parts of the body like intestine.

For T. B we give B. C. G - Vaccine

5/8/88 by Dr. Mani.

Diarrhea.

Any body can get Diarrhea, but it is common in children who are malnourished. When one is affected by Diarrhea he loses more water from the body so he needs more water. The signs of Diarrhea are:- loose motion, vomiting, less urine, dry mouth, feeling tired, and loss of stretchiness of the skin. In serious cases the casualty may lose consciousness and will have continuous vomiting. In this case it will last for many days. One gets Diarrhea due to infection, malnutrition, and lack of good hygiene.

We can treat the Diarrhea at home with "salt water solution". We have seen that a person with diarrhea loses the water from the body so he needs more water and good food (proteins). Breast milk is the best food that can be given to a body with Diarrhea. Together with it give more liquid too. But if the casualty is vomiting don't give more water. When there is vomiting give very little by little so that at least some will go inside.

How to make this solution? (O.R.S).

It is so simple to make.

Take 1 liter of boiled water and put 2 Tablespoons of sugar or honey and $\frac{1}{4}$ tea-
 $\frac{1}{2}$ tea spoon salt. And if there is lemon, add little juice of it to the drink. If one does not know the exact preparation, make the liquid as the taste of our tears. This drink can be given to 10 years old child 1 liter in a day and $\frac{1}{2}$ liter to a 5 years old child.

If the Diarrhea is not stopping or not getting better or he is getting worse and shows the signs of fits, take the casualty to the nearest Hospital.

Bro. Jay Embrayil.

22nd

FEVERS

- What is the normal temp range ^{body}
- What is fever?
- Cause — Bacteria/Virus/Protozoa/Fungi/Paracetamol
- What to do when fever is present < Sponging

Imp. types of fever

- (1) Malaria — chills/rigors/fever — regularly/daily or alt. days
Mosquito borne R — Chloroquine / Ristant Malaria
Antiphels
- (2) VIRAL FEVERS esp. Respiract. — Croup
— Sponging
— Steam
— Gargling
- (3) Other fevers — Typhoid / Filaria

23rd RESP. SYSTEM

- Sinusitis
- Pharyngitis / Tonsillitis
- Pneumonias
- Bronchitis / Asthma
- Cough Dry
- Wet
- R Sponging / Steam / gargling / Expectorants

What happens in these conditions.

Digestive system — Peptic ^{ulcer} disease / Gastritis / ^{ulcer} ~~ulcer~~ ^{ulcer}
Hurry/worry/errory

Aphthous ulcers

- Enteritis (diarrhoea/dysentery)
- Bacteria/virus etc.
- R — A.R.S.

Folic acid tabs

+ Bptix tabs

- Constipation
- + Laxatives

Viral hepatitis
 A → Viral (Inf.) hepatitis
 B → Serum hepatitis
 Other causes → doctor.

R Abs. bed rest. / Easily digestible food / Preferably no fat.

24th

Special senses

- EYE — Refractive errors / Headache / Blurring vision
- Foreign body in the eye — Wash w/ water.
 - Cataract
 - Conjunctivitis — Red eye — characteristic contagious

- EAR — F.B. ear
- Wax ear
 - Discharge from ear.

- NOSE — F.B. nose.
- Sinusitis / Rhinitis

25th

Normal
Pulse

Twin
diseases.

Hypertension. - causes

Normal BP $\frac{120}{80}$
 $\frac{130}{90}$ (10-40)

Hereditary tendency
Stress of life
Smoking / drinking

Yoga / Meditation / Counseling /
→ Reducing stress.

Diabetes Mellitus

Hereditary tendency
Stress of life

- failure of Pancreas to ~~secrete~~ produce Insulin

Do not avoid sugars / starches
• small frequent meals
• maintain good hygiene.
• regular check ups.

Allergies - Reaction of body to foreign protein

• skin - rashes / eczemas

• lung - asthma.

• intestine - diarrhoeas / vomiting.

• nose - Rhinitis

• eyes - redness.

Rx

- Find out allergen / avoid contact.

Arthritis

Rheumatoid { small / multiple joints
chronic dis
Osteo { due to injury
due to ageing.

Rx

• local heat

• EXERCISE is a must

• Mud packs.

26th

SKIN

Reviewed all previous classes { Questions
Answers

- Scabies - itch mite / Benzyl Benzoate apply.
for whole family

- Ringworm (Tinea) - fungus which
thrives in moisture / is cause
whitefield ointment
local remedy - Papaya milk.

The report of the C. H. D. Course on
August 2nd and 3rd 1988.

On ~~the~~ 2nd of August we had class on Psychosomatic System which comes under the system of Nerves. Body is called 'Goma' and mind is called 'pscho'. Therefore this system is called Psychosomatic in nowadays.

During this class we were taught about Odema and Cancer too. Odema is a sickness which effects Kidney and thereby urine goes very often. Cancer is a sickness which ~~is to~~ effects any part of body. Cancer is 15-20 years of irritation. Normally we donot get red blood cancer but we get white cell blood cancer.

Then we were taught about the Genetics or environment. This environment can be physical, chemical, biological, psychological and social. It is most probably ^{based} ~~based~~ on parents and their back-ground.

On the 3rd of August we had class on 'Food System' (Nutrition). First of all the doctor explained the food that we eat. It contains protein, fats, carbohydrates, vitamins etc.

Other than this the doctor explained the various food that we eat, namely pulses, nuts and oil seeds, vegetables, fruits, milk, animal food, fats and oils and beverages and water etc. In each food has got its own work and food system. Usually oil is not so good our health. That's why we say "Too much of anything is good for nothing".

There are 11 kinds of leaves we have in

India. At the same time, we ^{have} 130 types of
fruits. ~~onion~~ is one of the best food. Because
it contains all the vitamins except two that is
iron and vit. C.

We have got all kinds of green leaves
in our own compound as well as other things.
Especially in the village side, there ~~is~~ are plenty
vegetables and green leaves. But, we see
people are not making use of those. They
usually prefer ^{to buy} ~~to~~ take vegetables from market.
Therefore, it is our duty to tell them to
add these kinds of leaves and vegetables in
their daily food. So that, they may get
high vitamins as well as other things. Thereby,
they may live a healthy, long and happy
life.

By
Br. Festus.

REPORT ABOUT ACCUPUNCTURE

Introduction

The accupunture has been taken by Dr. Theku, on monday 27 of August . This system was practised by Tsin - dynasty, in 3500 B.C. , in china . At that time they had produced a book on about this , for the universal purpose, and preserved this knowledge. This knowledge or study based on , the energy of body. It has consisted two aspectes such as , balanced health and in balanced health that is illness. In 1952 those people discovered a imperative fact that, all accupunture pulses are near to nerves. And also all kind s of killing chemicals are released by body. It says about 300 points, which we can use as accupuncture in our body. This fact is allowed by international authorities. Among these 300 points , we have selected only 22 points for our study.

22- points

1. The point between thumb and fingers. It is used for all upper part of the body, and also it can be use for lungs problem, cough, asthma all the problems of upper limb .
2. It is in end of the creas.- It reduce the blood pressure, and it will help for the mental illness,
3. This point is that the three fingers above, the wrist crease middle it can be use for , peptic ulcer, vomiting, for the motion problem and fever.
4. It is in the highest point of the shoulder . It is for upper part of limb , sprain of the neck , head ache.
5. It is in the back side of the neck, it is using for the back ache head ache dizziness.
6. It is on the back side of the head , this point can be use for the head ache, neck strain , B.P.
7. It is on the top of the skull, it is governing itself and regulates all the other points. It can be used for all other problems, and also for the memory power.
8. E. X- I, on the fore head - it is use for the head ache , cold watering from the nose, dizziness , epistaxis and bleeding,
9. C: V: 26- RENZHONG - It is in between nose and mouth. This point may use for the cold, sinusitis , and also head ache, more than that it is a well point for all purpose.
10. T; W. 23- SIZHUKONG, it is on the end of the eyebrows, and it is using for frontal head aches , cold sinusitis, eye problems and migraine
11. ST. 7- XIAGUAN, it is in front of the ear , on the head . It is mainly using for head ache , upper tooth ache, sinusitis and for pain in the ear .
12. JAICHE- at the angle of the jaw , it is over the muscle, it is use for lower tooth ache and also pain in mumps.
13. L.I. - 20 - XINGXIANG- It can be use for the cold upper tooth ache .
14. This particular point is, on the chest - C. V- 17, SHANXHONG, it on the level of the fourth rib - it is sue for the cough, chest pain

asthma, sprains of the chest muscles .

15. V.B, 24- CIHAISHV. It is on the side of the spinal at the level of it
it is use for all the back aches, urinary problems and dysentery problems.

16. V. 13 - it is on the mid point of the gluteal sulcus it is use for
leg pain .

17 . V. B. - 57 CHENGHAN - it is mid point of calf - under the knee,
below the muscles , it can be use for the all problems of knee , leg, ankle,
leg strain etc.

18. K- 3 . TAIXI - it is near to foot , it is use for paresis, pain of
the leg, arthritic knee , ankle and of the urinary problem .

19. U. B. 6- KUNLUN - it is more or less same to the 18 th one .

20 . U. B .- 62 - SHENMAI. It is use for sleeping and foot strain etc.

21. St. 44- DADUN - it is . in between third and second toe.

It is mainly for the all problems of the below navel legs.

22. S. P. - SANGINFAC - it is in the inner side of the leg . It is a meeting
meeting point of liver and kidney. It is use for urinary problem and costipur

** **** * *****

BRO. MATHEW P.

Jyothi Sadan,
Bangalore,
16-8-1988.

LEPROSY

By, Dr. Poul Nitangavil.

Leprosy, or Hansen's disease, attacks the skin and nerves and causes the skin to swell and become lumpy and discolored. Leprosy is one of the most feared diseases because it damages the patient's appearance. But leprosy seldom causes death. It may weaken victims, however, and make them more likely to contract other diseases. Leprosy usually affects the peripheral nerves near the surface of the face, arms, and legs. Nerve damage causes a loss of feeling in the skin. A leprosy patient may injure or burn himself without realizing it. Severe nerve damage may cause paralysis.

The cause of leprosy is a bacillus, a rod-shaped bacterium. The germ's scientific name is *Mycobacterium leprae*. It is also called Hansen's bacillus. Scientists believe the germ escapes from infected persons in discharges from nose and skin sores. It is possible that the germs enter the bodies of healthy persons through small breaks or cuts in the skin.

Leprosy is contagious, but the danger of catching it from another person has been greatly exaggerated. Relatively few persons exposed to the disease develop it. To get leprosy, a person must have low resistance and live in contact with a person whose body contains large numbers of the germ. Leprosy develops in only about five per cent of those persons married to leprosy patients. The children are more likely to get leprosy than adults. A mild form of leprosy

may develop in about 30 per cent of the children whose parents have severe leprosy. However, the disease persists in only about 20 per cent of these children.

There are two main kinds of leprosy. They are tuberculoid and lepromatous. Tuberculoid Leprosy produces patchy spots on the body. Few bacilli grow in the patient's body, but they cause inflamed nerves. Patients with Tuberculoid leprosy seldom spread the disease to others.

Lepromatous Leprosy causes a general thickening of the skin over most of the body, especially on the face and ear lobes. Facial lines deepen and the eyebrows fall out. Lumps may appear in the skin. When germs enter the eyes they cause a painful inflammation. In severe cases, they may cause blindness. In late stages of the disease, nerve damage becomes as severe as in tuberculoid leprosy. Lepromatous leprosy spreads much more easily than tuberculoid leprosy, because many bacilli are present in the skin and nose.

Early treatment of leprosy is important in preventing deformities and other physical handicaps. Proper treatment can help handicapped persons lead an almost normal life. Bone and tendon surgery often helps to restore the use of disabled hands and feet.

By, Gigi Joseph Ernst.

17-8-88

Fundamental of Leprosy By Dr. Paul Nilankavan

Micro bacterium leprosy - That is the origin of this bacteria enters into the body. The source is one who has got this leprosy once it enters into the body it enters into the tissues and it multiplies 95% people can resist to this. Almost all are affected by this because the bacterium exists through air through nose and mouth. The largest organ of this leprosy is nerve. It multiplies there. Some bacteria produce different types of leprosy to the resisting system of the body.

Types of leprosy

① Indeterminate, Definite type.

Leprosoma - Start with out any resistance patient can be treated without damage.

Tubercloid →, Every thing is slow → the battle field is nerve so nerve get affected. Early nerve damage is Tubercloid.

Border line leprosy - what is leproma and what is not tubercloid is called Border line leprosy. with out treat we kill bacilli and can regain resisting power - up - grading - leprosy Every is very slow in leprosy - with out treat not slow grading leprosy.

How to diagnose leprosy

- Anesthetic patch - (Loss of sensation) should be objective
- A Thickened nerve (It is not always leprosy)
- Acid Fast Bacilli in skin smears ~~How~~
- 17. Polar leproma leprosy - How to diagnose (One side signs) Block of nose Stiffness of nose Swelling of the feet.

Leprosy reaction

- ① Type one - After treatment they get reaction this reaction marks the condition worsen
- ② Type two - (C. M. L.) Erythema - Nodulosa

Type two happens in leprosy

But all the reactions are good for leprosy whenever there is no change of BCG. If there is reaction, leprosy reaction has to be treated independently. We have should not stop the treatment

Medicine

- ① DAPSONE -
- ② CLOFAZAMINE.
- ③ RIFAMPICIN.

For Leprosy reaction

- ① CORTISONE, THALIDOMIDE.

Type one reaction is very quick
Type two reaction is very slow.

Tuberculosis - less treatment, drugs
less duration

leprosy - long term treatment.
in more drugs.

LEPROCY

19-8-88

Plantar ulcers:

It is not due to leprosy. Generally ~~leprosy~~ leprosy produces a kind of ulcers. Anesthetic ulcers due to lack of sensation and injuries. They are different from plantar ulcers. These ulcers are formed inside ~~and~~ and later can be seen outside. This occurs specially under the foot.



plantar ulcers.

Posterior tibial nerve of the leg is affected by leprosy. First the loss of sensation then only muscles get ulcers. Those who have got this kind of ulcers should not walk. If he doesn't walk then there is no plantar ulcers.

Those who have got plantar ulcers, tell them never walk fast, never walk at a stretch long distance, Always rest after some time of walk, never allow them to jump, train them to walk short step.

Every day the patient should check his feet by giving a deep pressure then there will be pain. If you treat during this time then it is very easy to treat.

(Return After Perusci)

Dear Mani

Here are some Notes
by the JSC brothers
about Previous sessions
on Human Biology
& Nutrition

- These will give you an indication of areas covered and scope
- Also maybe some confusions that the 'learners' often find themselves in because the topic is a little complex

They May help in preparation for your sessions.

25/7

CHVD
JS Course
5th wk

The Wonderful Human Body

1. Complex Creation
2. Awe for ingenuity.
3. Multiple systems - integrated.
4. Diverse Functions
5. Growing & Developing system
6. Changes - womb to tomb
7. Structure & Function
8. Health / Ill health / Disease
9. Internal Balance / Stresses / Strains
10. Evolving human understanding.

What structure do you know?

What functions do you know?

What are the questions you have about the human body?

What are the signs of Health?

What are the signs of ill health?

What are the explanations for disease?

Special Senses

Functions

1. Skin
- Protection of body - against bacterial injury/sun/moisture
 - Organ for perception - 72 ft of nerves/sq inch
Pain/pressure/heat/cold reception
 - Temperature regulation - 15 ft of blood vessels/sq inch
2 million sweat glands over body

Structure

Soft/flexible

1/50 inch - eyelids vs 1/3 inch palms/soles

ridges/valleys / whorls / patterns

Skin layers

Epidermis - dead skin cells. flake off

Dermis - blood vessels / nerve receptors / hair follicles / sweat glands etc.

SC tissue - Fat lobules / blood vessels & nerve

Fingerprints.

wrinkles of old age.

Flaking skin

Pigment - sun tan

Freckles

Sebaceous glands - oil hair/skin
sweating.

Hair - soft / stiff.

Forehead / scalp / eyelashes

Root

Shaft

oil glands

blood vessels

nerves

Goose flesh

Falling hair

Creeching hair

Dandruff.

Nails - specialised form of skin
protection to tip

Flushing / pink or pale

Growth - season / young

Blushing

Flushing.

Birthmarks

Colour of skin

Albinos.

REPORT:

29-7-88

Today we had two sessions, the 1st session we ~~studies~~ learned about the Respiratory System of our body. Then Dr. Mari explained the important parts which are needed for this system, the function that they are doing etc. The external organs of respiratory system is nose and mouth, they join at the end back of the neck, from where the internal organs viz: two lungs with their passages arterial, venous, lymphatic, and nervous systems start. This system is well protected by our body, first with the ribs, then inside with a muscle, diaphragm, and small cover called pleura. Nose and the lungs are connected with ~~with~~ a pipe made by cartilages, but after reaching to the air sacs (lungs) it is only muscles called the involuntary muscles.

All our systems are well protected by our body. ~~The~~ Same way Respiratory system also have a protection, ~~that~~ this duty of protection is given to the hairs and mucous membrane, which bind in the opening of the nostril, this both together works and removes the irritants and contamination from the air, after removing this particles from the air, this particles are sent to the throat by the movement of the inner part. The mouth also has a mucous lining, so air passing through the nose or mouth is moistened to trap dust and other particles, not only this but also this part helps to warm the air in preparation for entering the lungs. The junction of the oral and nasal passages have a cartilage plate working like a door, this prevents food and liquid from going down the wrong way.

The wind-pipe after reaching lungs, divides into right and left, after that again it divide into smaller, one for each lobe of the lung, the left lung has two, the right lung has three. A mature pair of lungs contains about 200 million cells.

Each lung is enclosed and protected by a thin membrane, this also covers the inner surface of the chest wall. In between of this thin membrane there is a narrow space. The movement of the breathing controlled by brain, and also the movement of the diaphragm helps, to make the breathing, by moving up and down. Diaphragm is ~~made~~ made by a thin muscle. When we need more breathing, the chest muscles also helps.

From medulla the nerve impulses are sent to the respiratory muscles. In fetus oxygen is supplied from the mother. It is a part of the body of the mother until it get separated.

The respiratory system can be kept up well by constant exercise and systematic breathing and also by avoiding the habit of smoking.

REPORT.

Today we had two sessions from 2-30 p.m to 12 a.m. In the first session the subject was on Breathing system of our ~~Physiology~~ ^{body}. Here we've discussed about the important parts which are needed for the breathing such as Nose, Lungs, Blood cells, Diaphragm etc... and the important role of the particular part (i.e) through nose the purified air is sent to the lungs. In the lungs there are small membranes. This air passes through this and preserved there, and with the help of blood cells and muscles this taken to stomach and all the parts of our body.

There are two ways of breathing mainly

- ① healthy way of Breathing
- ② Unhealthy way of breathing. The healthy way of breathing is the ~~Consciousness~~ ^{conscious} of our breathing (i.e) our awareness of breathing. According to the yogis awareness of breathing also can ~~cause~~ ^{lead to} sicknesses.

Now coming to the question of a fetus's breathing, it is true that the air is taken through the blood and keeps the fetus alive, because it has no lungs. It begins to function only when it is out of its mother.

Ultimately the healthy breathing has a prominent place in the body of a healthy person. The breathing system become damaged when a person is affected by T.B. cancer etc.. hence it's rather difficult for a person to breathe.

In the Second Session we were dealing with the lymphatic system of our body. Heart, Liver, muscles, lymph glands, Arteries, Capillaries etc... were the main themes of the Second session. Heart also is a muscle in a way that pushes blood into the each parts of the body. Lymph is a kind of pure water which is supplied to the body apart from blood. It protects the body from unnecessary infections. (E.g) when our body is wounded this comes out and stops the continuous bleeding and infections. There are lymph glands where this water is gathered, it also consists of lymph tissue and lymph vessels, therefore when there is a wound first the wound and second the lymph glands are affected and causes pain because the virus are increased there. The viruses are destroyed by antibodies, if they cannot succeed it is good to inject immunization and vaccines. The diseases like cholera, fever, Small pox, tetanus are also cured by the immunization and vaccines. The breast milk (mother's milk) also contains ~~vaccines~~ antibodies, so it is not necessary to inject the child with vaccines (or) antibodies. It is good to do it only after 3-6 months of the birth, also it contains all the nutrition which the baby needs. Therefore it is advisable to give the mother's milk soon after the birth. These kinds of infections mostly will affect the children and the aged people, because they have not much resistance of from antibodies, whereas the youths and adults have this power still more.

Aids is a new kind of sickness, which is caused a kind of powerful virus which can destroy all the lymphatic glands, and the antibodies, so the defence mechanism in the body is destroyed, and thus it causes sickness and the person can die of this severe infection.

26/7/1988 - A DAY WITH

===== BONES =====

The class was taken by Dr. Thelma (Mummy bones), and it was on that day we were told many things about bones and their functions, we discussed about:

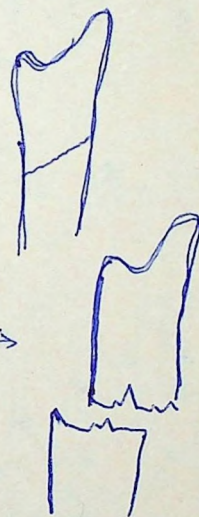
- are bones dead?
- its growth
- functions (shape, support, protect, etc....).

Those well explained charts made our class more beneficial.

We mainly spoke about:

- green stick fracture

- broken and separated



what joins the bones? - Ligaments.
↓
are not - muscles.

We spoke a lot about 4 one of ^{the} commonest problems that ~~are~~ ^{is} found among the field workers....

- Back ache.

We discussed about its reasons too.

- need of vit. D. was mentioned

mainly from Sun light, milk, fish, egg. (but not from vegetable).

We spoke about Rickets (lack of vit. D.)

Further we went little about healthy teeth,

- voluntary and
- involuntary muscles.
- tendon
- and also about circulatory system



- Left side of the heart pumps pure blood.

- about pulse
- 70 - 75 / minute.

Finally She concluded the class by having well explained how to keep the circulatory system healthy

- Breathing
- exercise and
- diet.

So many others doubts were cleared well.

Really that was highly enriching and inspiring. She seemed to be an expert teacher.

Thank you Dr. Thelma. May you be kept active in this field.

Brother Roy Vattappilly C.M.S.F.

Jyothi Sadas,
Koramangala P.O.,
P.B. No. 34/17,
Bangalore - 34,
Karnataka State.

Urinary and Reproductive system BY DR. RAVI

Genito-urinary - It consists of two parts
Genital, reproductive system, and urinary system
when we talk about excretion there is another system
also that is i.e. digestive system. when we talk about
excretory system, it includes both stool and
urine and theoretically skin also which puts
out the sweat

A Fibre is non-digestible stuff of the
food. Basically, it consists of cellulose. When we
were having natural diet there were lot of
Fibre in our food which is not digestible. So the
~~body~~ ~~from the food~~ ~~stuff~~ ~~by~~ ~~removing~~ food indigestible
started to remove the fibre from the food stuff by
removing or polishing the stuff. But this causes
problem. Since there is ~~very little~~ ^{no} fibre in
our diet there is very little stuff in the big
intestine so it cannot be function properly -
(Constipation) because there are very little stuff
in the intestine. Hence thick stool, during
motion person have to strain and piles,
intestine cancer, appendicitis. This all cause
because of the lack of fibre in the food materials.
Hence in our diet we should have lot of
water and indigestible stuff

The stool is yellow because of the
presence in the bile in the digestion. In some
cases stool is black. It is because of the diet
very dark colour stool and urine is because of
jaundice

Urinary → It consists of many little little
tubes and blood goes through that tubes and
that tubes ~~as~~ it absorbs the waste and little water
send to the bladder. End of the bladder we have
a gland called prostate. Through, urine goes out.
Sometimes it blocks and cause many problem.

Reproductive system

Male

Testis This produce
hormone Testosterone
Spermatozoa.

Female

Ovary
Oestrogen, Progesterone.

Male and female produce both hormones but male hormone is predominant in male and female hormone is predominant in female.

Sperm are produced continuously, between 12-15.

Female
produced only once in a month.

This hormones begin changes takes place

Sex changes is male

• Hair, voice,

Growth of the external organs and budding semen is produced.

Female

In the Ovary there are potential eggs when she reaches the age menstruation takes place.

difference between ovum and other cells
other cells have 46 chromosomes and
ovum has 23 pairs of chromosomes,

X is always - ovum
X only, sperm.

XY - joins - male child.

XX - female child.

Nervous System & Brain:

By Dr. Mami

29-7-88
JYOTHI SADANU

On 29-7-88 we started our session on Nervous System and Brain. The class started at 9-30 a.m. It was one of the best session. We could understand through this classes the different functions and different kinds of Nervous Systems. Though it was little hard to understand and the explanations were quite enough to understand.

We understood that nervous system is the highly developed, and most important, Communication system of the human body. It receives information about the outside world and relays it to the organs, tissues, and cells, so enabling them to adapt to external events.

There are (3) three main Nervous Systems.

1. Peripheral Nervous System.
2. Autonomic Nervous System.
3. Central Nervous System.

The Peripheral Nervous System is divided into two parts. One is 12, and next one is 31. The 12 of them originates from brain and rest of them (31) coming from spinal cord.

It's main function is to give message to the organs from the brain and to the organs to brain. It controls the body activity.

Apart from ~~the~~ peripheral Nerves there are also other ~~the~~ Nervous. It is known as Sympathetic Nervous. It's main function is to give sufficient strength to face emergencies. Either for fight or to run away. When there is a threat the Sympathetic Nervous acts. It is not under control of Brain or mind.

Brain. It is the main part of the body. It is believed that we only use some 30% of brain. It is moving on a fluid. There are two colours (1) White & ~~the~~ Gray.

According to function

I The first area of brain is present in Alertness, awalness, they control all the activities.

II Second functional area, is Cortex itself, this part has memory power. it is back portion of cortex.

III.

IIIrd level. It is the friend portion. Taking decision, planning, judging. All the major activities takes place.

We also dealt with many sickness that affect the brain. It was really very good and educational. Now we have an idea about the nervous system and it's different functions. By 12'0' clock ~~we~~ the session got over.

Thanks.

Growth & Development

Prenatal

3 wks	1/6 inch	intestine neural tube cv system	Primitive	Heart 20 days	Beds/3 wks
5 wks		Limb buds	+ Primitive brain		
7 wks	3/4 inch (40000 times small)		intestine - 3 sections + Liver Blood - arteries/veins		
3 mths	3 inch		entirely formed		
14 wks			Muscles organize Sex differentiation	Hard will find mouth. Skin ✓ Heart ✓ Pulse 140/min	
18 wks			nerve tissue matures		
			External events - noise provoke reaction		
20 wks			Nails & Toes	Finger prints	Legal identity
28 wks			Face & eyes ✓ viability	Skin thickens	

Birth

	All Systems	Sucking Breathing	Stillborn	Commence
1 yr	Walking / Movement	Teeth	Sight /	Brain Development
2 yr	Feeding /	Teeth	Speaking	
2-5 yrs	Play / Learning / Social activity			
6 yr	Schooling starts			
7-12	Schooling - Growth			
13-15	Puberty			
16-20	Young adult - College -			
20-40	Marriage - Parenthood			
45	Menopause			
46-60	Grand Parents -			
60+	Retirement / Aging			

4.8.88.

FOOD WE EAT.

BY DR. RAVI

On 4th August 1988 Dr. Ravi has mentioned most of the important food items, for the physical growth of human body. He has brought all the importance points regarding the food which we need daily. He has told that food is very important for our body. Our body need lot of water and certain degrees of fibre. We need liquid, calories. Most of the food we eat are in the following:

Cereal / millets, pulses, nuts, oilseeds

Vegetable - gift green leaves.

Fruits / Eat other vegetable.

Animal food, milk, meat, ghees, eggs, butter etc. protein, fat, starch, iron, calcium mineral etc.

protein - for body building, muscles, humour

Fat - for energy. Carbohydrates - for energy.

There are some food which contain lot of vitamin for instant A, B, C, D, E, K, etc.

Vit. A - fat soluble and water soluble. Vitamin A, is very important for the eyes. Retina. It is very good also for digestion.

Vit. D fat soluble, oil bath, Sun light.

Vit. B - complex mixup. It is very imp for blood.

Vit. C - water solution, wound healing.

Vit. E Good for reproductive system and also for heart.

Vit. K - Clotting of blood, Calcium good for teeth, Iron - for blood.

Cereals food Rice maize, Ragi, Jowar. There are above 664 food items in India $\frac{7}{14}$ grams of protein what we get from Cereals food. There are 300 to 400 calories Cereal.

There are two varieties of rice beating rice and pyurice. wheat, Atta, Suji, khesht, rice, maize lagi are the very common food used in India.

Pulses / Legumes 18 types in India (pulses)
Dal - is iron. Raggi - has got calcium and iron, are very high in Raggi.

Nuts oilseed Coconut, groundnut, very high for vit-B. groundnut, jagary, soyabean very high vit B. Coconut oil both protein and fat. Sodium, potassium, good for heart.

Animal and vegetable oil. Vegetable oil very good for heart disease. Fish fat - very high vitamin A & D.

Vegetable: Above 111 leaves are eaten in India. Vegetable are the best way for vitamin. fibre intestine function well. There are 72 types of vegetables and 42 root vegetable. Root vegetable produce less fat.

Fruits. Fruits also are very important for the body. Banana, pineapple, orange, for vit. B. So there are 113 types fruits in India.

Milk product. Milk, butter, ghees, fat. All these produce from the animal. Buffalo more fat than cow. Milk does not have much iron and vit. C.

Meat. 15 to 20 grams of protein. Fish has got all the mineral and protein or vitamin. Fish and chicken less fat.

Sugar, Honey very good for energy.

Jaggery - have got iron and vitamin A. Masala very good for digestion. There are 21 types of masala. These are the most important points, for the food we need daily.

9-8-198

Nutrition.

Food Requirements: we need food. Along with food we need ~~energy~~. For most of us certain amount of water and fibre. ~~we~~ must have adequate energy. For most of us between 2500 - 3000 calories we need daily. We must get adequate proteins, fats and carbohydrates, all the vitamins and minerals such as iron, calcium and iodine. The other principle of food requirement has to come from different diets. So we need to have mixed varieties..

The weight of the adult should be 2 pounds for a inch when we need more food:

- ① when we work more
- ② children
- ③ pregnancy
- ④ lactation (breast feeding time)
- ⑤ illness

when you go to a village the first thing we want to know about the diet of the people first of all we should know what food they eat and price and seasonality.

Balance Diet:

We divide the food into 5 groups:

every family member should get all this little bit

- ① Energy group - bread, wheat, rice, potato, sugar.
- ② Protein group - meat, fish, egg, ground nut, dal, beans, pulses, milk.
- ③ Fatty fruits - orange, mango, banana, papaya.
- ④ Vegetable particularly green leaf vegetable.
- ⑤ Fatty groups.

	Average diet	improving diet	what improved
Cereals	540 gm.	200	
Milklets	—	200	
Pulses	12	90	✓
Green leaf vegetables	7	10	
Root / tubers	7	85	
other	65		
Milk	50	90	✓
Meat / Fish	5	8	✓
oil	15	need veg. oil	
sugar	13	50	
fruits	5	50	✓

There are 2 types of Malnutrition.

- ① Protein less - child begins to swell
- ② Protein and carbohydrate fat less - starvation.
when there is protein shortage there is fluid collection.
If you want to know the fat is swollen or normal then press the hand and leg - if it hollows then malnourished otherwise it is normal.

Skin is feeling of - malnourishment - Protein less
Hair, colour changes, Hair is very soft - malnourished
miserable exhaustion - protein deficiency.

Anxious child - food deficiency.

Sunken eyes - food deficiency.

Diarrhoea - malnutrition.

10/8/88

C.H.D
man

Protein - Calorie - Deficiency

Sings

1) weight	less Normal more	less
2) edema	eyelids hand legs	No edema
3) Hair	colour changes Brittle	clown etc.
4) Skin	peeling off	wrinkled
5) Behaviour	Sad Miserable loose motion	Anxious
6) Appetite	low	hungry
7) upper part of the body thin		

- here we see the Deficiency of vitamins.

Vit. A

→ Lack of vitamin-A. we find change

in the eyes that is -

① Dry eye - in the white part
cornea.

2) Bitat spot.

3) Ulcer on cornea

4) Night Blindness - etc.

Vit : B → deficiency - it affects the mouth and lips, Angles of mouth, Tongue, Ulcer, Red.

Vit : C gums, Bleeding gums, spongy, Ben-Ben-limeys.

Vit : D Bones and joints

We see the symptoms such as - ①

- ① Rickets ^{and} swelling of joints of long bones.
- 2) Bending of ribs.
- 3) Pigeon chest.
- 4) Knock me.
- 5) Bow legs.
- 6) Frontal.

To look for symptoms : we should look for persons.

- ① weight and Height, 2) Body building, 3) Hair,
- 4) Skin, 5) Eyes, 6) face, 7) Mouth - tongue,
- 8) Teeth + gum, 9) Hands + legs - bones + nails,
- 10) Chest + ribs ~~or~~ and abdomen wall - etc.

~~Give a man~~ finally what we must know is that Give a man a fish, and you feed him or her for a day, but Teach a man or woman to fish, and you feed them for life.

8

bro. Joseph.

11.8.88

Any food distribution has (given from foreign) has not so good one. quality of food is not ok. (CRS)
Food first distributing is not good this should able to conscientize people, organize.

"Give a man a fish and you feed him for a day.
Teach a man to fish and you feed him for life."

@ Breast feeding as long as mother can.

@ start feeding something after the 14 month variety of food.

why breast feed is best.

- It is the most nutritious
- It has antibodies in it.
- closeness of mother
- Breast milk is always clean.
- Always available
- Family planning as long as the breast feeds she cannot have another child.
- Parental contact

After the 14 month Raggi, Porridge, rice give to children.

After growing give green leafy and yellow vegetables.

little bit of oil and ghee in the diet

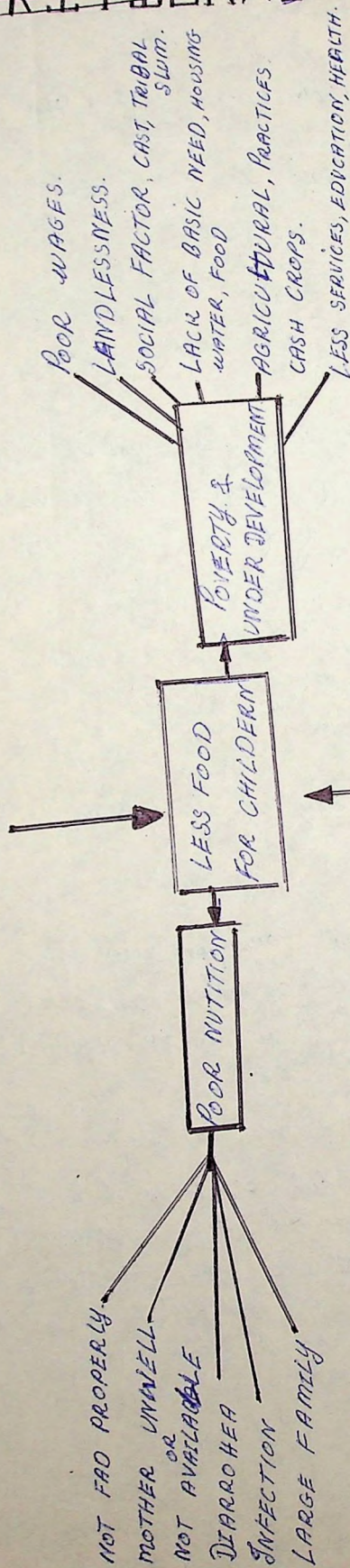
If they offered fish and egg.

What CHAI is trying to do in India is (2500 hospitals are there in this organization) Jn. 10:10 I have come to give life and life in its fullness. The first element in life in fullness the second is health for all and all for health Can we still speak of xts will is fullfilled when millions of people go hungry live in Poverty and so on. Can we speak of fullness of life and we are continuing the mission of xts.

ANUTRITION

PROBLEM

Nutrition Problem.
 in Community
 sick children
 Causes.



ACTION A & B.
 WITH INDIVIDUAL.
 WITH FAMILY.
 WITH GROUP.
 WITH COMMUNITY.

NUTRITION SUPPLEMENT
 NUTRITION EDUCATION
 PERSONAL, FOOD, HYGIENE
 IMMUNIZATION
 CHILD FEEDING PRACTICE
 TREATMENT FOR ILLNESS.
 FAMILY PLANNING

CONSCIENTIZE
 NON-FORMAL EDUCATION
 ORGANIZING THEM - MAHILA-MANDAL-YOUTH CLUB.
 LAND DISTRIBUTION
 WATER, HOUSING, CO-OPERATIVES
 HEALTH SERVICES, EDUCATION SERVICES

(28)

JSS

28 Apr 90

FEVER IS A SYMPTOM / NOT A DISEASE

I FEVERS:

- ① Normal temp. of body (range $97-99^{\circ}\text{F}$) / ^{Measuring temp (thermometer)}
- ② Factors affecting body temp
 - External - Environ. temp / clothing / Season etc.
 - Internal - Exercise / Infection. etc. ^{food intake.}
- ③ Mechanism of maintaining body temp
 - Sweating / shivering etc.
- ④ Importance of water in this mechanism.
- ⑤ Types of fevers - low grade / high grade / continuous / intermittent
- ⑥ How to control body temp.
 - tepid sponging / $\uparrow$ fluid intake / clothing removal
 - cool environment.

- What are minor ailments?
- non-life-threatening
- self-limiting.

II COUGHS / COLDS:

- 1) Anatomy of Respiratory tract: ^{Nose / Sinus / Throat / Larynx / Trachea / Bronchi / Lung}
- 2) Mechanism of O_2 exchange / mucus production
- 3) What is the need for mucus / Secretions
- 4) Causes for irritation of Resp. tract
 - dust / pollen / allergens / Virus / Bacteria
- 5) How to tackle coughs & colds
 - find out cause / treat it.
 - Drink plenty of water
 - Steam inhalation
 - Preventive measures
- 6) What infections present in Coughs / colds
esp: TB / Diphtheria / Pertussis / Asthma /

How to recognise dangerous Resp. disease
Resp. rate / Difficulty Breathing / Insp/Expⁿ-ratio /

28

02 May 90

III

DIARRHOEA / DYSENTERY :

- Gastro-intestinal track - Structure / function.
- What causes Diarrhoea.
- What happens in Diarrhoea.
- How do you tackle ? - ORS - preparation.
- Local ORS. - use.
- Dysentery - what is it ? - Blood/mucous/Tenesmus.
 ↳ Amoebic
 ↳ Bacterial.
- Stomach ache - cause / mechanism
- Indigestion / Gastritis / Ulcer. → Cause / mech. / dietary habits
- Constipation → cause / mech. / dietary habits.

- Worms
- Vomiting

Not done today 02 May 90

03 May 90

IV

Worms

- Types - Tape / Hook / Round / Pin / Whip
- Life cycles each
- How it enters the body
- Harm it does to body.

Parasites in intestines.

Signs & symptoms - Anaemia (Hookworm) / Unexplained Stomach ache

Changed appetite / Loose stools off ch on / Tiredness /

Treatment - Prevention - Cooked food / Clean water / Footwear } Personal Hygiene

- Papaya
- De-worming agents.

VOMITING

- Mechanism
- Causes
 - obstruction
 - indigestion / over-eating
 - gas
 - irritation $\leftarrow$ Spices / hot / old / spoiled food.

What is consequence of vomiting? $\leftarrow$ loss of water / acid / juices.

Treatment

- Antacid / Water / Bread / Milk / Baking soda
- lime juice + salt
- Erect position of patient
- Good taste / smell

Vomiting in preg? - mechanism in intestinal disease.

04 May 90:

Earache
Toothache

Headache
Eye pain

Headache causes - Eye defects / sinusitis / frustrations & anxiety / neck strain / fevers

Rx - Remove cause / local massage / compresses / Aspirin / Paracetamol

Eye pain cause - Eye defect / ↑ pressure / Infection / Foreign body eye - clean w/ water.

Earache - infection / damage & injury / AB. / Wax

Giddiness - causes - Ear / Eye / Mind / B.P.

Toothache - causes / mech. / Rx.

Preventions - brushing / rinsing / clove / garlic / onion /

04

(28)

Planning for camp
- Marathahalli.

idea of camp - experience in village.

What ~~is~~ planning needed. → General
why? → to m

What [you] as a gp. have to do:

The Report

The following aspects were covered up by Dr. Manni on 31st July. He brought forth a few more points with regard to MCH as the continuation of the previous class. They are both Birth rate and Death rate mostly in India. It is said that every out of 1000 people 35 are being born in a year, and 13 are being died. We come to the conclusion that the massive progress of this population shows the control of death facilities are improved very much than ever.

We were also talked about Family Planning and its methods-

Family Planning

- deciding to have a child
- to decide next one after having a gap of
years
- spacing
- health education for marriage
- sterility
- sex education
- genetic counselling.

Methods

There are 'temporary' and 'permanent' for both men and women.
In India it is mostly based on women.

Men

1. Condom (Nirodh)
2. Vasectomy (Man's operation)

Women

1. Pill
2. I.U.C.D
3. Diaphragm
4. Spemicidal jelly
5. Injections
6. Tubectomy

It is pointed out that all these methods are not safety
except 'vasectomy' and 'tubectomy.'

Reported by Bro. Luckose, CMSF.

Health care and delivery System in India

Health care and delivery system are available at public sector, private sector, Indigenous system and at voluntary Institutions.

The public sector consists of Gov. hospitals, dispensaries, maternal home, sanatorium. In the private sector we find hospital, nursing home, clinic, dispensaries, general practitioners, and these Institutions often and usually found in urban area.

Indigenous system comprises of Homeopathy, Ayurveda, Unani, Nature pathy etc... As a whole there are many institutions and systems, serves the needs of the needy.

In Rural area, we have Rural Hospital which is governed by chief medical officer, who is assisted by 3 deputies and C.M.O is governed by state Health director, then he by director of the state health ministry. Ofcourse the state Government is helped by Central Government, central directorate of health and by central council of health.

A Rural hospital will be situated in district level, which spreads its hel s t every corner by P.H.C ~~is~~ and one P.H.C will have 100000 people and approximatly of 10 villages. One PHC will have right around 30 workers, consits of 2 docters, male and female etc... Then PHC will be diveded again into sub divisions where ANM and multi purpose workers will look after. For 8 subdivion there is a health visitor and a health Inspector, driver etc... We even find trained 'dai' and villafe health'guide', who will work with ANM. for the well running of the PHC there Rural hospital at large.

Thanks

Bro. Shaji Kuttiani, CMSF.

Evaluation on Health & Development

COMH26 : 2

I. The main insights are.

I've got an general idea about Community Health and Development; mainly what is Community, Health & Development. This one week of course is very precious in our ^{ment} lives. Even though it is meant for health and Development, we can learn many things from this classes, mainly it is encouraging everyone to have dialogue in other words it is giving and receiving, and both groups are involved in building up a good dialogue. It is also giving guidelines to how to organize a group, and how to discuss about various affairs. and how to moderate a group etc...

Besides these it is also encouraging us about how to be social with all the peoples, in spite of various barriers and indifferences, also through Dialogue we can solve ^{any} ~~all the~~ problems of any kind. mainly Rich - poor, white - black, Brahmin - Harijens, Tamil - Malayali, Hindu - christian, etc.. etc... So to say it ^{is} also helping people to develop some extent.

In addition we could learn something about the Development, and Health, and the dis-advantages of the English medicine for a poor farmer who is hungry, and how to overcome it, this is not English medicine, but a good diet ~~which~~ which is the cause for his sickness, and how to heal the sickness of Diarrhoea etc..

Also about the different Government's programmes for the poor and homeless etc..., and how they are exploited these so called ministers and Landlords etc....

we learn from these classes that; to fight against such injustices also is part of this Health and Development. And make the people conscious of their Rights and, their potentialities, and their importance as Citizens of India. ultimately this one week classes gave a clue about the Community, Health, and Development.

II

The Charism of the Franciscan Brotherhood is the "pioneering missionary Brothers", mainly in slums, urban, and Rural areas and our main activities are Teaching Catechisms, giving - educations both Technical ^{and} moral, also giving them some medicines for their health, giving shelter, so to say in all the fields. The whole process of our work is to encourage and enlighten the people to lead a good and just life.

I think as we are involved in all the activities of the people it is also good to adapt some of these activities into our Apostolic work, especially Teaching about health, conscientizing the people about their Rights, and Potentialities and as their importance as true citizens of India. It will also ~~slowly~~ simultaneously encourage the people to stand on their own legs than depending on others. It needed we also have to fight against the injustices and exploitations to which these poor people are victims.

I think our Spirituality will not be immoraled if we do all these things, because Christ who is our model lived for the poor. On the contrary it will be a reformation in the life of the church.

III

I like the methodology which you ^{have} followed, and some remarks as we've suggested to have a break after one hour, I think for our Community this methodology was o.k.

- 1) What are the main insights you got this week?
- During this one week course I got some idea about the Community health development. Development of a persons health and development of the society. make known the people how are they develop in different fields of life; education, agricultural, customs, and ~~man~~ manner of behaviour.

Health It is a state of physical mental social well being and not absence of disease or disability. Health is not a Doctors or nurses But it is a medical programme.

Goal of community health and development is to ~~build~~ build a better just society by making the people aware of their rights and duties as human beings.

- 2) How is this CHD course relevant to the Franciscan brother, Charism and spirituality?

According to me this course is very useful. Because our charism to proclaim the good news to the people. Now a days if we are proclaiming the good news there own be any people to ~~hear~~ hear, so we have to do something. Now we have to be make aware of the people what is their difficulties and problems, and then we have to proclaim the good news to the people.

Course Evaluation

1. What are the main insights you got this week?
2. How is this C.H.D. Course relevant to the Franciscan brother's charism and spirituality?
3. Any suggestions/remarks about this Course? Methodology and Content.

1. By this course I got an insight about the C.H.D. Also I understood that, for good world, we all must try. For bringing up the poor it is not enough to teach and preach but we must share with them, and they must feel that we are one with them. We can say Health is not being healthy but it is a human living.
2. It is relevant in my life because as a Franciscan brother I may not be always in ~~the~~ good places but I will be asked to go to the village. So I can give a good example to the people, also I can feel with them. Though I had lived with the ~~the~~ villagers I did not understand them because I never knew their background. Now I know it is not because of their mistake but because of our mistake. So now as a Franciscan and also as a Indian I have the duty to bring them to the level of each and every one of us.
3. For me it was alright.

1. I am very glad to say that, during this one week of classes, I could grasp some of the facts why the poverty existing among the majority of people.

Still majority of the people do not know how to improve their life situation regarding with their Physical, Mental, social and spiritual.

Lack of education made them to ~~put~~ ~~down~~ that how to use the things, rights and common sickness and its prevention.

2.

According to our Charisms and Spirituality CHD course is relevant to us in order to liberate the people and give a new life. As a Franciscan Missionary brother, he has a great name and place in minds of people. He is their source of progress. Often he lives among the lower strata of society. He controls various important spheres of life, such as education progress, social and community welfare. Brothers worked as pioneer missionaries everywhere and they are greatly demanded even today.

Bro. Joshi

C. H. D. course

Course evaluation

- 1) What are the main insights you got this week?
- 2) How is this C.H.D course relevant to the Franciscan brothers charism and spirituality?
- 3) Any suggestions / remarks about the course? methodology and content

The main insights I got are-

- ① How to approach the people when they come to ~~some~~ with some problems, (2) health is not medicine in ~~some extent~~ giving the medicine but going deeper into the background of the people. (3) we ~~all~~ always say that if we undergo some course, we can instruct, teach the people, but we never say

that we can learn from them.
From this one week course I got
an idea that teach or instruct
alone is not enough but learning
from the people also is necessary.

2 Being a Franciscan it is
a very helpful course, because
our charism is that be with
the poor so when a man says
that he is starving or hungry
I am able to know that what
all things cause him to be
a starving man or hungry man.

3 I would suggest that
if some experts could come
and share their experiences,
(Experts = social workers) with
us, that will help us to under-

stand the problems that we
have to face, when we go
for a social work or C.H.D.

Course Evaluation:

12/4/1988 what are the main insight you got this week?

The main insight I got this week is the How people are getting sick, lack of food, Medicines.

Development in the community. This means growth-
tolerance of a person. the growth is basic on the
spiritually, psychology, mentally, personal, social and Economical.

community Then I got the real idea of what is community and health.

I got the knowledge of Health prevention, common illness, nature, food and Nutrition, Development.
~~Before~~ Before this one week I was ignore about health
now I understood what is Health it is ~~not~~
Physical, Mental and social Development. I understood
Health is not a medicine, It can not ~~give~~
~~given~~ given by Doctors or Nurses.

Health is not Doctors, Nurse or Dispensary. Also
I got the idea How we get Dysentery, Diarrhea
and How we can prevent. I also understood that
How we get skin disease I was thinking because
^{one kind of sick}
~~Some allergy~~ or something now I understood it
because of the dirty water and take bath
we will get this sickness. I also understood
that How young people getting Headche not
because of any sick that is because Psycho-
logical problem etc.

9. How is this CHD course relevant to the Franciscan brothers' charism and spirituality?

I should say that this CHD course for one week for our brothers are inspired, ~~by~~ especially myself. Now I know how we can approach the people (villages) and consult them their difficulties and problems. And we can approach and tell them what is Health. How we have to be healthy and Health can not be given by doctors or nurses, ~~But~~ ourselves. Because of this course we can be more in with people. This will help our apostolate too.

3. Any suggestions/Remarks about this course?

I have no any remarks whatever class you have taken I am ~~sets~~ happy with all.

I like to know ~~some~~ ~~some~~ ~~medicines~~ some medicines, name Natural Medicines etc -
so I hope that will help in my future work.

Thank you.

Bro: Buzh

I what are the main insight you
got this week?

I had the wrong idea that
health is ultimately based on
doctor, medicine and disease,
through this course I came to
know that health is not doctor
or medicine or disease, so to say
it ~~was~~^{is} a great insight for me.
Being a Franciscan Brother ^{Next} it is
my duty to teach the people
about health. because people
don't have the right knowledge
about their health. According
to me this course is very helpful.

I don't have any remarks
about this course.

Thank you.

I

I understood from this course Health is not medicine. There will be many reason. Commonly we can say health is based on physical, mental and social. Health is a state of physical, mental, social well being and not absence of disease or disability. In 1948 WHO definition. Health is divided in to individual, and Community Health.

The goal of community health and development is to build a better ~~world~~ just society. by making the people or community aware of the rights and duties and responsibilities as being member of a society, to share/common build theme for own health and their community. In this course education is importance.

II

The C.H.D course very much relevant to our charism. Because our main mission work in the village area. So as a missionary we must know the Community Health. Then only we can teach the people. How to keep the individual health as well as community health. if we are work for this purpose we will have a special contact with people. and they also feel we are also one of them.

III

No any other suggestion. what you used that method is very good to for me.

C H D Course

- Course Evaluation 1, What are the main insights you got this week?
2. How is this CHD Course relevant to the Fr. bro's charism & spirituality?
 3. Any suggestions / Remarks about this course Methodology & contact?

The insights which I got this week ~~are~~:

1.
 - a) C.H.D. Course is ^{neither} ~~not~~ a means to eradicate all diseases of body & mind nor to modernize the common health.
 - b) It is rather to get clear cut idea and better understanding of humanity, specially of ^{both} the high and low class people, their life situation, social, political, economical, spiritual, cultural 'background', food 'habit' and so on.
 - c) Very often one is not aware of other person and becomes self seeker, neglecting the need of other person, by not sharing his life for ~~the~~ his friend(s).

2.

As a Franciscan brother, following the examples shown by St. Francis I get idea that C.H.D. Course is relevant to our charism and spirituality. Because it is our duty to work for the people specially for those who are neglected, poor & discouraged. By sharing our life and listening to them and being with them we can help them to experience the peace and love.

1. What are the main insight you got this week?
 2. How is this C.H.D Course Relevant to the Franciscan brother's Charism and Spirituality.
 3. Any suggestion / Remarks about this course?
- Methodology Content.

1. During this one week course on Community Health & Development, I get ideas about what is Community Health and development. Because I had mis-conception about health and development but after this one week course I understood that health is not the absence of sickness, medicine or doctor. With regard to development, we should help the people to ~~progress~~ come up from the down trodden situation i.e. physically, mentally, socially and Economical. Education will help the people to come up in the society.
2. The charism of Franciscan missionary brothers is to be pioneers, i.e. go to the interior area and be with people and share their joys and sorrows. Gradually bring them in the ~~stand~~ state of society where all the privileges of government can be gained. Because of this charism ~~we~~ of our congregation C.H.D Course will help and also conducive for our future apostolate as Franciscan and religious. I am sure that this course will by all means help to me to bring up the people and work with them as one among them.
3. I am very happy with the content and methodology of this course but in between 5 minutes break is needed.

Bro. Mathew p. 87

What are the main insights you got this week?

I got some ideas about village people. How they are living in that village. The village people are exploited by various elements. And also how we can approach the people. And also people are suffering from various sickness. And also health and development is not only the work of doctors but also it is a part of our mission work.

II According to me - As Jesus said - you should help each other especially poor. And also our mission also - work for the poor, stand for the poor. And also we may be bring peace in community, and equality in community, and remove the poverty from community through the work.

W

CHD course Evaluation

- 1) What are the main insights you got this week?
- 2) How is the CHD course relevant to the F. B. charism ~~about~~ and spirituality?

① The main insight which I got from this week is that: how to deal with the people according to this CHD's teachings, and make aware of the people how it works in their lives.

The community health depends of physical, mental, social and spiritual well beings. The community situations - that is political, social, cultural and religious.

- ② We have a pioneering missionary work, so we can say it is relevant to our charism and spirituality.

Thank you.

Some feed-backs from Roy Brother.

① The gained insights -

- I should not be moved by merely enthusiasms.
- See the problems in the aspect of physical, mental and social are deeply rooted in the society.
- personally I have to learn and realize the ultimate reality of the problems.
- I should not condemn the exploited and the exploiters based on my outlook.
- Health is not merely a state of having no sickness, but it is one's own attitude of living a fully human life with all its +ve and -ve aspects.
- Of at all I've tried sincerely to build a just society, peacefully I may have my end.

② Regarding C.H.O. and our Charism

- We have the charisms of Pioneering Mission work. Very well the C.H.O. principles will blend with this particular Charism.

③ Suggestions and remarks

Creativity Promotes understanding and acceptance. The slides are good indeed. All throughout the sessions, we concentrated mainly about the rich and their attitudes as cause for present poverty and problems.

But see that the classes are not be a sources of telling that uplift the poor means destroy the rich.

EVALUATION OF COURSE

Bro. Thomas Math

Roll - 83

1. The main insights which I got in this week were many. In fact it was a very good course which helps and enables one to realize the real need of the people. By this course I came to know how to deal with people especially ~~villagers~~ and many other poor people concerning health and development. I got the idea ~~to~~ to approach the people. Now I know that health is not only doctors and ~~nurses~~ nurses but also it is a state of physical, mental, and social well being and not absence of disease or disability and infirmity. It is not doctors, Nurse, drugs dispensary and hospitals.

2.

It was very relevant to us especially for our charism and spirituality. This Community Health and development course was very useful for us. It is very much interrelated with our charism and spirituality. Because our ultimate purpose is to reach out to the poor and needy in various ways. Our main charism is to help and educate them in different fields. We are dedicated ourselves for this very purpose. We cannot avoid the poor and needy in their distress. A good work is a prayer. Our prayer life and spirituality based on this fact.

3.

I have no suggestions about the course much. Its method is also very good. Its system of pulling or pulling out expenses were very nice and it was very relevant.

The contents of the course is also
very clear and nice.

- ① What are the main insight you got this week?
- ② How is this C.H.D. course relevant to the Franciscan Brothers Charism and Spirituality?
- ③ Any Suggestions/Remarks about this course? Methodology and content.

Insight

- ① I am able to understand the basically what is health and what is meant by this word "Health". It is not something medicine the presence of big-big doctors or medical shops but a gradual process in the lives of people. Health can be brought out only through a constant and painstaking research that the social set up, structure and systems should go hand in hand with people. I am sure that this course will help that much to overcome the difficult and do something and everything for the people.
- ② It is very relevant to the F. Brother because our charism and spirituality will go hand in hand. Our charism is the pioneering work, as a spade work, we will have to undergo many difficulties, main problem with problem, their background, culture social set up and structure, these ideas should be put into a new aspect and humanize them first, so for humanization it is very necessary to learn these kinds of course.

① I suggest that long lecture should be controlled by some discussion, questioning or some slide show and so on because sometimes it happens that from 9.00 Am to 12.30 only lecturing it gives boredom.

This course should give us an insight what we can do and how can we do? Because we say that problem is due to the social problem and we understood the problem but still a big task remains in front of us how to go about with that particular problem. So if you give us some means and ways it will be helpful to us.

Thanks a lot

Bro. Tony Joseph

- ① What are the main insights you got this week?
- ② How is this CHD course relevant to the Franciscan brothers' charism and spirituality?
- ③ Any suggestions / remarks about this course?
methodology and content?

I I understood, something about health. Its different aspects is physical, mental, social and spiritual. I too got an idea ~~also~~ about the poor in India.

II This CHD course is relevant to the Franciscan brothers' charism and spirituality. Because our main activities are in the mission ~~field~~ field. Without body soul cannot exist, so this course will help us for the ~~and betterment~~ betterment of the people in both body and soul.

III I ~~was~~ satisfied with present system. And also this programme will be a new insight for others.

Thank you

I am very glad to say that during this week class, I could learn some of the basic things which would help me my Apostolate. I understood that why the Poverty is exist in India in majority of the people. Still ~~the~~ many people do not that how to come out from poverty and improve in their lives. By this I understand the Problem like physical, social and Spiritual.

Lack of the proper education made them in this situation.

2. According to ~~the~~ our charism and spirituality C.H.P course is relevant to us in order to liberate the people and give a new life. As a Franciscan missionary Brother, he has great name and place in the minds of the people. As Francis had grate love towards the poor and he has taken the poverty as his ~~first~~ best friend.

Course Evaluation.

1. What are the main insights you got this week?

- This course has helped very much that how to be a mediator to the people in the society where there is ~~no~~ doctors and medical facilities.

- This has also helped more for certain extend the way in which I can approach the people by being a floor moper rather than the Captain.

- In short this course is a guide for me for my future apostolate.

2. How is the C.H.D. Course relevant to the Franciscan Brother Charisma and Spirituality.

Our is the pioneering Missionary Charisma, hence for this C.H.D. Course is relevant for the Franciscan Brothers.

3. Any Suggestions / Remarks:

The Break during the class
time which is also one of my suggestions.

Evaluation

① What are the main insights you got this week?

Sp: By this class I understand that there is possibility to improve our social, political, and mental systems. And there is way to improve and live as just and peaceful society.

② How this C.H.D. helps...

As a Francis cares our children to up lift the poor and the need so this is very much part of our spirituality.

③ Any Suggestion -

I am satisfied with the one week class.

Evaluation to the CHD Course.

n. Xavier Alexander

The real situation of the majority of the population in India are living ~~under~~ below the poverty line. This fact though was not hidden, but came to light through this course. Moreover the mission of ours entails to this particular point to liberate human beings from miseries and poverty, to break the cultural barriers, to put ~~and~~ an end to all sort of tensions, & the tension between the political parties, religions, individuals, poor and rich etc. Our mission also consists a renovation from the old type. To speak ~~sets~~ about religion to an illiterate or hunger man does not bring any fruit. Humanization is more important than christinisation.

As a franciscan missionary brother, I feel this course is an encouraging one to go forward and to implement our discussions and deliberations to reality in the midst of the people whom we live. It is one of the necessary requirements to conscientize the people of their rights and also their duties. A brother is the media in the context. It is our charism, our mission, to work for the poor, to educate them and liberate them from all what they suffer. The duty of the franciscan brother exceeds from merely baptizing and increasing the number of X'tians but to see that everyone ~~has~~ gets his right from the society and even from the Government. Our concerns should be centralized to the poor, to marginalized, and the people who are unable to come out of their miserable conditions.

This course threw a light into the darkness of my conscience and effectuated the real-knowledge about Health, medicine, community ~~and~~ individual responsibility, and Development. I would rather say this was an inspiring and enlightening sessions from which we came to a new understanding. The suggestions for a better future courses, I feel it would be better to have a day experience in the villages by all only to see the people and ^{just} to have a ~~the~~ dialogue.

- ① When I speak of insight, I feel that I understood what is meant by Health and what are the means to acquire health also what are the basic problems in the Society and how people are bound by Social set up - Structure and this ruled by Social Injustice.
- ② It is very relevant with the Franciscan Spirituality and particularly our Charism because our prime duty is to work among the poor, out bodden etc. So we should have thorough knowledge about the Set up of Society.
- ③ I suggest That some break in between the long class and use many more. Slideshows.

Thanks

EVALUATION

Dear Doctor!

In the beginning I did ~~know~~ know what is Community, Health and Development. But after this one week course I understood what is Community Health and Development. Though this course is different from our other course I like very much because of your teaching methods. It is not pushing out knowledge but it is pulling in knowledge.

Though I am a Missionary Brother & I did not know what is Missionary work. But after this course I understood about what is my mission in my future life. And also how to approach the people and how to solve their problems etc I understood. It is not depends on converting the people into Christianity but it is humanizing the people, to make fully human.

This course is very good for our future life. According to

my opinion if I follow fully
this I will come to know
about ~~my~~ ~~myself~~ myself
and about others and their needs

So I thank and appreciate
this you for had been taking
class for us. And also
I will come you and your
Co-workers for take class
next month.

Thank you very much.
God bless you.

Yours Sincerely
Bro. Fest

Community Health Development

The main insights in which I learned through this course is really very useful for me, not only for my life but especially for others in which we are going to work.

At the very beginning I really do not know much about how to deal with the people in the villages or slums area, but now through this course, I come to know something how to deal with the people and how to teach them concerning through this "Community Health Development".

This will help me not only at this present time but especially for the future of my apostolate.

This course is the most important relevance for the Franciscan Missionary Brothers, in order to carry out the charism and spirituality. This means for the poor and the needy. To build up the "Community Health Development" in the place in which we are working. This helps us to experience their lives, to live with them, to love them

and to share with them.

My suggestion is to have more experience with the people in which we live. To help them in all their needs, regarding medicines, native or English. Therefore I think we have to learn something about some of the medicines or injections in order to prevent the sickness. To go to the mission is not enough only to teach, to experience or share with them but we share have to know something about ~~of~~ some of these.

Thanking you very much
Yours sincerely in X.^t

Bro. K. Barnabas Lygbo

12/4/88.

Community Health Development

BRO ASHIRWINDHAN
Jyothi Sadan
11-4-88

I understood about health. Its different aspects physical, mental, social and spiritual. I too got an idea about the poor. To speak about religion to an illiterate or hunger man does not bring any fruit. Humanization is more important than rationalization.

This CHD course is relevant to the Franciscan brothers' Charism and spirituality, because our main activities are in the mission field. without body or soul cannot exist so this course will help us for the betterment of the people in both body and soul.

I would really say this was an inspiring and enlightening 5 sessions from which we came to a new understanding. My suggestion for a better future courses. It would be better to have a experience in the villages and also this programme will be a new new sight for others.

Evaluation on CHD

Karl N.

Q. 1. What are the main insight you got this week?

Ans. Though I was born in the village area, but I was educate and brought up in city and seldom I reached to my village where I was born. So, I don't have any idea about the village life, I don't understand anything about their situation. But now, after having one week of this CHD Course I came to know about their real life situation.

Q. 2. How is the CHD Course relevant to the Franciscan Brothers Charism of Spirituality?

Ans. As the follower of St. Francis who lived utterly poor and lived among the people and instructed them. But we called ourselves franciscan but we have not yet understood the real meaning of this Charism. But now this CHD helped me much to understand the interconnection of this Cause and our Charism.

Course Evaluation

1. What are the main insights you got this week?
2. How is this CHD course relevant to the Fransen'scan brothers charists and spirituality?
3. Any suggestions/Remarks about this course, methodology, and contents?

1. First of all I came to know that Health is not something Medicine or Doctor. But it is the not the absence of sickness but the physical, mental, social and spiritual well being is health.

- then through this course I came to know about the realities by different stories and examples.
- Community health depends on physical, mental, social and spiritual well being.
- Then, the goal of the community health and development.
- The community situations i.e. political, social, cultural/religious.
- Education - formal and informal

2. Before christianization humanization is imperfect. In that aspect when I look I can see that this course was a great help to me, giving new insights and ideas. Because our life is mainly among the poor so it is really fitting for our way of life. It gives a very good ideas of approaching people and sharing with them and learning from them then to inspire or instruct them.

12-4-88

Evaluation

Including the church many organisations are working to uplift the poor, the weaker section, tribals, and the Harijans etc. but it is very hard to remove poverty in India, unless the upper class, the rich people come down heavily and share their goods to the poor the poverty can not be removed.

The course 6 days programme on community Health Development is upper class group realised & realise but organise them to uplift the poor. It's approach is very good, it help us to be human than the selfish man. It pull out from everybody's ideas, suggestions, to take a good decision, in this process everybody important, there is no domination.

The methodology and presentation is good, ~~the~~ the course is very good for my vocation. I am fully satisfied.

I During this 6 days of C.H.D. course was very helpful for us to understand, the real meaning of Community Health, and Development. Really it is an enlightenment to carryout with our Apostolic work. This community, health and development not only based on the plurality but far excellent in me and about my self. I do not know who I am, what is my health, and what is my participation in the community, that is I should say, your teaching and exercises helped a lot on the part of understanding the community health and development. As we are ⁱⁿ religious community, with the concerned of our Apostolic work we should take enough participation as much as we can, we do with the content of the ministry of Jesus. Jesus's life we can see the healing ministry.

II It is relevant for us when we look in to wider sense, there is no spirituality out out when, there is no ~~the~~ people society of people, and as well as good health. Eg, A man suppose need good spirituality as well as materially need good health, then only all can be kept up well. As we are in the community we need to ~~constantly~~ ^{constantly} the people teach the people, to aware each other and live as a human being. Through this we will get much more fruitful ~~and~~ vocation in to our Apostolate.

III This course was more fruitful but nothing to say, any remarks. Our Apostolate can be done when the humanism is O.K. Shortly if I want say, man's existence depends upon, in good health and to build a better society or world in future.

Health and development.Karlus

The Community Health and development is a young concept of organization blossomed in India just recently. Till then, so far as the healing art is concerned, the diagnosis and treatment of illness had been a personal matter between the doctor and the patient.

But, today, these organization fully aware their task and the situation in our country, and therefore they challenge the world — and today we find many doctors and nurses left from hospital and joined to various organization and readily go to the villages and reaches the primary and basic of health and hygiene, and make the people aware of the situations by the various Govt. Programmes.

Individual Health: In general, individual health is concerned about once cleanliness, appropriate diet, and regularity of habits and physical exercise to keep one healthy and free from disease. As for me, individual health is not much different from the community health, because, to be an healthy person, he need all the basic things as others who lives in society, and very few comes under individual such as, he needs exercise, hard working, knowledgeable, once who able to judge good and evil, one who fore see the future events etc.

Very often, from very point of view, physically appearance is rather difficult to judge a person who is in good health, except in some extent. Hence, whether individual or community, to be an healthy, they must have their own property and make use of their own wealth for their need and reached the standard of society where in which they are living.

Community Health: As long as we understand, Community Health is very essential in society living. Cleanliness of surrounding, streets, environment, water supply ~~etc etc~~ Proper food supply, Transportation, Health Centre free from pollution, and the Govt. programmes should be available to them; to make the people of that area aware of the present life situation by ~~to~~ giving them education. Those all to liberate those who are bonded labour and share with them in their pain and to be carefree people as human. Therefore, to be a healthy Community, need to be follow the regulation given to society and they are to reach out by those who aware the situation of that Community.

COMMUNITY HEALTH AND DEVELOPMENT

Some of the portions which we have covered during these last classes, about 'Health and development'. It gives me some ideas and deep expression about the meaning of health, and how to prevent some of the sickness through natural medicines.

When I think of health at the beginning, the idea came to me is medicine. But now through these classes which we had, it helped me to know more some of the basics idea to prevent sickness.

Our country is a large area, but as the time past the population also increasing every time. In India today we see daily out patient attendance at any major government or hospitals. In our country today we see there are different sicknesses such as T.B. Diarrhoea, dysentery, fever etc. To prevent these sickness, it is our duty to take initiative in order to solve all these problems, we have to approach to the people. We have to study their ^{life} situations, what are the causes of the sickness, it can be because of lack of food water and shelters etc.

In India today we see there are people who are rich and poor. Most of the poor people are suppression by the rich. The sickness starts from the poor because they don't have enough food, drinks, shelter, clothing etc. For them there is no much facilities. Everything there are in a miserable conditions.

It is our duty therefore as a missionary Brothers to instruct them how to prevent the sickness where there is no other privilege to buy medicine to use some of the natural medicine sugar, salt and water for the diarrhoea, this is the most important to cure this sickness. And there are some other sickness or skin diseases also how to prevent from them.

So it is our duty to approach to them by organization, by native medicine and mass media communication. It is our duty to impart to others the knowledge what we learned from these classes. To study the life situations of the people in the village where there is no one who approach to them. Our best idea is to make people aware from their right and sickness. As we know health has both social and medical. Therefore through these classes we shall try our level best to make use in the future. Apostolate. We shall try to help them in all their need through our experience and knowledge, through relationship by sharing. We shall do justice to every one as a member of the society and show equality to them. The most important thing is we shall have confidence with the people in whom we work.

The key idea, experience and understanding
of community (+ individual) Health
Development

First and foremost it is essential
to know and understand to know the
life situation of the people such ^{as} the
social, economical, ~~and~~ political situation
of the people and their way of living.
So the necessary approach ~~should be~~
to people should be made and study the
situation, environment ^{food habits} surrounding ~~cultural~~
background of the people.

Community Health Development is
not a remedy of ^{all} illness and diseases of
the society by the distribution of medicines &
needed drugs. But it is a step taken for
the improvement of health in the society in
gradual process and not by immediate action.

The task of CHD is to try to bring
a general and primary information (about health
in community and individual) to people,
which will help to improve physical, mental
& spiritual ^{and social} health of individual as a whole.

It is also necessary to ~~some of the~~
know some of the primary methods to prevent
the common diseases and illnesses. The
easily available things and natural sources
can help to prevent the diseases so
that the health of the society may be
improved.

So the whole understanding of

Community health development is to
meet the reality and to bring primary
information about physical, mental, social
and spiritual health to people in common.

This course gives me an idea about the community health and individual health, is physical, mental and is social. It is a very good course for our future apostolate, because when we go to the villages and tribal areas, where people do not know how to take care of themselves and the community or when they approach me, I may be able to give an advice or solve their problems.

The two days classes were very interesting. I got a small idea about community health and development. When a man or woman approaches us with some physical illness we should look at the physical illness only but we should look at the family background, the problems they have at home, the feelings, and what all facilities do they have and also where does he or she come from? All these we have to see; then only we should try to give whatever she or he needs. This is the one the main ideas I got from these two days class.

Community Health

When we look at the community health, we should see the place where the community is situated, the situation of the community, the cooperation of the people, the common illness &

the food they eat, water and so on. Health is not to live easy, but the wholeness of individuals and communities.

Community Health dimension

Physical { Adequate food, land
water, shelter, clothing

mental { Equality
Justice
Liberty

Social { Sharing of systems
Humanization
People should reach in their potentiality
People are instructed to fight for their rights.

Individual - Health

Health is a state of physical, mental, social and spiritual well being, it is not the absence of disease or disability.

Physical — without illness, well functioning body

mental — happy, satisfied with himself, judgement

Social — relation between → Family, Friends,
neighbour and superiors → Genuine friendship →
openness, giving and receiving, a social role and so on.

The group discussions also contributed me a lot about the C.H.D. We should be approachable to all. Development is the human person.

Teach the people about their social awareness.

There should be justice and liberty every where in the community.

Community Health and Development. C.N.F.C.E

The community health and development means a physical, Mental, Social, and spiritual well being.

In other words health is a state of physical, Mental, Social and spiritual well being and not Absence of disease or disability and infirmity.

or

Health is human living not medicine alone.

It is not Doctors, Drugs, dispensary or Hospital

It is not only the study of medicines alone but it has got three main other dimensions.

We cannot cure a sickness unless we go into the deep place from which it originated.

By giving medicines we are only mopping the floor not closing tap. That is to say we are only bringing a momentary consolation. But the sickness remains in that place. Therefore we have to find out the other causes for this particular sickness.

For example: Common sickness such as

- | | | |
|--|---|--|
| <ol style="list-style-type: none">1. Flu, Fever,2. T.B3. Dysentery.4. Skin disease5. Chicken Pox | } | These are the common sickness mostly affect a community. |
|--|---|--|

Now in order to eradicate these sickness from that community we have to go into other reasons,

- ① It can be due to food problem.

2. It can be their poverty and lack of money.

3. Unemployment.

4. No proper shelter, Quarrels Broken families

These sicknesses ~~are~~ and problems are interconnected. So we have to consider all these problems.

Physical Sickness can control with adequate food, land shelter, clothing, water sickness treatment facility and so on.

Social Sharing system

Mental, equality, Justice, Liberty and also fulfilling their needs.

The main purpose of Community Health and development - to help the each individual to reach his potentiality.

So if we try in this ~~level~~ level it will be successful one.

Community Health and Development

6/11/2025

What is a Health?

Health is a physical, social and Mental development well being and not absence of Disease, Disability or Infirmary. Health is not a medical but physical, ~~At~~ Mental and social.

Health is not bring up by the doctors, Nurses, Dispensary or Hospitals, but we ourselves take care of our Health and build up our Health.

Health is wealth. without health we are unable to lead a real community life. Without Health we are not use our time in a correct way.

Development

Development is growth in wholeness of a person. It can be spiritual, physical, psychological, Mental, personal, social and Economical development. When a person grows, he grows with spiritual, physical, Mental, personal, social and Economical development also reaching him to his mentality.

Community Health: Health is very important in the Community. If any sick people in the community they may be sick because of nature bad health, because of nutritional food. Lack of medical care. In the present sickness based on the cleanliness. In the Community each one must be healthy otherwise we will burden for the community.

For the community Health also need Mental, social and spiritual.

Mental - They are not abnormal, Happy, satisfied within himself, capacity of Judgement, enthusiasm. These also essential for the community health.

Social Health - Help sense. Help the people ~~for~~ from the authority, especially for the poor people.

What is Health?

Health is a state of Physical, mental, Social and Spiritual well being and not absence of disease or disability or infirmity. In other word Health is whole in person. Health is not doctors or Drugs or Dispensary or Hospitals but it is a person who lives in healthy in all aspects. A person who is healthy in Physically but we can not say that he is a healthy person. But he must healthy in other aspects such as mentally, Socially and Spiritually then only we can say that he is a healthy person.

Health in Individual:

When I think about health in individual which means health within oneself. If I think about my health I can not say that I am a healthy man. Some ways I am unhealthy whether in Physically or mentally or Socially or in Spiritual. Though I am a unhealthy man I am trying to be a healthy man. No one is perfect in this world but we trying to be perfect. A person physically healthy means he must have good weight, work well, good energy etc. Mental: Happy with himself, good memory etc. But in positive way fear, anger these are normal but not possible. If this illness are not manifested is called Psychosomatic illness. Social → man is a social animal. So he must be relationship with others. Spiritual → Something is beyond ourselves in human relation is faith. For his soul he related with God in faith it is something like Supernatural.

Health in Community:

Community means a group of people gathered for purpose. Inspite of their nationality and culture they related to each other. They are the people who plan for the future. They open themselves and sharing sadness and joy and also their knowledge with and experiences with each other. Each one has different personality but we control ourselves and live in peace and unity there we find healthy Community. Mentally and Socially brotherhood in a community. Democracy itself is a part of a good health.

What is Development?

Development is Growth of wholeness of person. There are many development in individually as well as Community, such as Spiritual, Physical, Psychology, mental, Personal, Social and economical developments etc.

In individual a person can develop himself by his experiences and knowledge etc. Sometimes it depends on upon his age because when person children become adults they want freedom and they try to develop physically, mentally, Society etc in using their knowledge and capacity and also by experiences. For example we can see Jesus' life. ~~He~~ How He developed Himself. His development was in these aspects. He was perfect.

Development in Community means to develop Society in all the aspects. As a religious we should a better Society in physical, mental and social aspects. Within the Community we should see need of the people such Food, Land, Shelter, clothing, water but most important is sharing System. And also Community should be a just community. Then only their peace and unity grow more and more.

About this Vatican II gives a clearer meaning to reform community. It gives humanization in society. It is not necessary that all have to become Christian, but live as humanizing way. The role of the Church is to bring human potential. This is important in the Community.

Finally is our duty to help community to grow. In the Community ~~it~~ it is our duty to get rid off the disease. So we should work as "tap Turner" or open the block not as "floor mopper".

Community health and development

There are two ways of education)

i Pushing out education which the ideas or the theory goes from the teacher to the students note, books, but not to the head level of the students nor of the teachers

ii Pulling in education

This way of educating is called pulling in education. where are shed everybody's ideas rather teacher to students. or it is idled also tangging ~~can~~ course and problem

what is community health and development?

Awareness of building education, communication, vocational mission. Health is not medicine but health includes medicine. wherever we speak of health, we would think of medicine.

Community health importance in human life and mutual understanding and love other in the community. Appraisal of work.

Roll No: 78

Bro. Lawrence

Community Health and Development

When I summarize two days classes on Community Health and development, we have gone through only Health. ~~The definition of Health~~ The (W.H.O) world health organisation defined the health in 1948, "Health is a state of physical, mental and social well being and not absence of Disease or disability". 1960's added spiritual well being also.

We can be divided health in to two. Individual health and Community health. Our idea about health is doctor, nurses, Drugs, dispensaries and hospital and so on. It is not a health but only a medical programme.

A man should be physically, ~~then~~ mentally, socially and spiritually healthy. A man who is healthy with all these things he is a Doctor, for physical, psych for mental, political action for social and a priest for spiritual health.

We can say a man physically mentally socially and spiritually healthy by these features:-

physical Health. If a man is full of energy, digestion and physique is, A human body is functioning well.

Mental: In this world of competition, they will have negative and positive emotions. people who don't share their negative emotions, will affect the body and become the physical illness. It is called psychosomatic sick. If they share their negative feeling with some one they will have a relief in their mind.

Social Health: A man ~~see~~ socially well. A good relationship with people; Family, friends, neighbours, superiors and inferiors. we should have a genuine relationship with society ie, not in different, openness to all understanding and giving mentality.

Spiritually Healthy: we believe we have a soul. And there is a creation beyond this world. Lead a life depending on the creator, immanent.

Community Health. It also based on physical, mental and social.

physical community. It based on food, shelter, sickness treatment facility, water, good environment, mentally: liberty equality, justice.

Roll No. 79

Community Health & Development

Malla

Good morning sir,

Introduction. I am very glad to share my ideas about community health and development with in this short time I have got knowledge about the this good subject.

we are living this world, in the midst of the problems. Such as — poverty, injustice, overpopulation, lack of water, food problems, lack of land, lack of education facilities. we must know this all these things are happening in this world. At least I came to know about social and medical problems are affecting in this country.

Jesus also came in world to have equality and justice in this world.

In 1948 - it was organised by world health organisation. Aim of this organisation is - to solve the ~~pt~~ problems. what is health.

it is a state of physical mental and social well being of the people and also spiritual. it is not absence of diseases and disability.

content of the e.H.d.

- 1) life situation of the people.
- 2) Rights and social awareness
- 3) get rid of the common sickness.
- 4) To find out Natural medicine.
- 5) Food.
- 6) Synthetic.
- 7) environmental health.

Health is in } Individual
community.

Individual health.

Health is not depend upon doctors and nurse. A person must keep his body and his
everything. This Individual health is divided in.

3 ————— } Physical.
 } Mental.
 } Social.

(I) Physical (Health)

The person is good body functioning, free from
some regular sickness, good energy, good appetite,
good sight, good taste, Active mentality.

mental.

Good memory.

Happy.

Satisfied himself.

Capacity of judgement.

Enthusiasm.

And also. Negative
emotions.
guiltily, Fear.
Anger.
despise.
Sad.

Social Health and development.

main factors.

Good relationship & } that is
mutual understand } Friends.
genuine love } Family.
} Neighbours.
} Superior.
} not indifferent.
} openness.
} understanding.
} giving.
} caring.

our mission.

iii spiritual.

Faith: confidence about the Providence of God.

community health.

Physical.

Prevent the sickness.

sufficient - land

- Food.

shelter.

water:

mental.

equality, liberty, satisfaction
justice + Togetherness, democracy.

Social: everybody connected to the
human pole of reality: (equality) (human
solidarity)

i.a

- Community is a group of people living together with a common feeling and unique ideas with a specific purpose, mutual understanding, sharing, accepting each other. It is ~~a~~ not an organization but an organism under the leadership of one person. It has to follow certain rules and work for the common goal.
- 1) Health is a state of physical, ~~met~~ mental and social well being
 - 2) Development is a state of growth in all the dimensions.
 - 3) The term community health means a state of physical, mental and social well being of the people.
 - 4) Healing means healthy state of the body and mind
 - 5) Political, social, and economic and cultural are the systems which constitute the community.
 - 6) Nobody helps that poor man to get up from his wretched situation but all gives ideas according to their way. Practical is more important than ideas. In this skill most needed element is not ideas but the aids which we can render to a person.
 - 7) In the manson game people are always dependent dependent. Poor people are become more poor and rich are become more rich. In this situation all those render their helping even trying to exploit the poor people. Some such as Banks money lenders, public workers etc.
 - 8) In order to develop a community, a health worker has to know the background of the people

and make the people aware of their rights, organise the people, and ~~give the~~ make known the practical methods to improve their life style.

9) we must be a guide for the people in their social, economic and cultural situations and conscientize the people in their demand.

10) According to me these class are very useful for my future apostolate because it ~~can~~ helped to know how can we approach a under-~~de~~veloped society and what are the factors for their under development and how can I face the matters as an outsider.

11) The first slides show points out that cause for the death of the child is ultimately the ignorance of the parents. And also the situation which they live, has a great influence. In order to re-make the existing system we must make aware the situation which they live.

12) The second slides show 'The Island'; in this show first people were equal but ~~the~~ later on the selfishness of ~~the some~~ people some are rejected. In order to develop the society each one should have consideration towards each other.

13) The two faces of India; in this show there are problems to the country; and each problems are inter related each other. Economic problem is the basis of all the problems. Society is a problem faced society.

1. Community - The ~~for~~ people living in one place. A group of people live together with a particular purpose, and with one aim. Live ~~with~~ⁱⁿ one group with one common leader. Community is a sign of peace & harmony.

Health - is a state of physical, mental & social well being. E.g. Climate, adjustment with nature, good surround.

Development - A group which is engaged with, who stay in the village and learn the situation of that particular area and begin to do good for the people. Can be moral or physical development.

2. Community-Health - Active participation of a community. Capacity to face any ~~existing~~ problem, patient & listen other. It is a team work together for the needy.

3. Different Systems - Socio - Economic, Political System.
Economic system is a basis for the rest of the system. In the society we find ~~there~~ three classes - upper class, lower class, and middle class.

Varma system - Brahmin - Mainly priest.

Kshatriyas - Fighter.

Vaishya - Business.

untouchable - Slaves & so on.

Two kind of mobility - i. upward mobility -
ii. Downward mobility.

Slide show was very useful for me. I could notice that how people are ignorant in the village - their problems, mainly political & economical problem - the existing system, circumstances - poverty and so on. It made aware that society is base on power and prestige.

6 Coming to the Small skit :- the skit was very nice, what I found was each person came and gave some direction but probably could the proper solution or nobody was able to find out the root cause. All the possibilities were given - one worker then one peasant - faith - gave only preached as - solution, priest gave rosary, scientist gave seeds, Doctor - Prescriptions and so on. So what I feel that our awareness should help awareness is our primary aim. and also uniqueness.

Slide show Two faces of India - Here I could learned that India is facing two realities - poverty and luxury, also there is no mentality of sharing. Rich becomes richer and poor is poorer. Though India has lot of resources yet not able to extend it to everyone.

I could see the problem of India - poverty, injustice - Caste system, ignorance, and no human respect.

Causes for such problems
And the ~~problems for such~~ → uncharity, unwarmer business, Lack of education, no proper use of money and over population.

Moonsoon game - what I learned is that in any village there should be good communication. And I feel in the village Development worker should stay for sometime then only he or she will be able to find out the situation. In the game I could see that money lender was not paid back and was not respected. Also communication in the village was not good. There was caste system, upper class, lower class and middle class.

8 According to me Community animator First and foremost should learn the culture and back ground of the particular village. He should have good contact with the leader and with the help of leader he should form small committees in the village itself. Should get opinion of the people. Animator should not have any partiality towards any group. Should stand equal.

9.

As Franciscan Missionary Brother I understand that I should work with poor in the missions. I should be able to adjust with any kind of people. Should not have any cast system in my mind. Should be ready to face any difficulties in future. My main motto is to do pioneer mission work or activity, to go or work hand in hand with the church activity that is fully present with the people and live life very simple and faithful to my vocation. By seeing my like people may ~~also~~ imitate me and may have faith in God.

10.

According to my opinion the course which we are undergoing is very useful, not only for one or two days, but through out our life, because we are called to be missionaries and one way or the other we may have to undergo many hardships, may have to face difficulties. So by this course I feel that in future I can stand on my own feet, and may able to convince^{the} people.

Though your standard is very high yet you ~~all~~ tried your best to come to our level and convince us, so it was very nice that you all came regularly and gave us various classes on different subjects. So your teaching method was very good atleast for me. Thank you.

Vincent Mather

2

According to me health is not being a sick but feeling good. When we are healthy we feel happy and will do any work. Health includes 3 aspects, physical, mental, and social. Health is something cannot be separated. Health cannot be defined but it can proof by the action. The important aspect of health is food. because body changes food into energy.

Community health is very important part in human life, because we ~~live~~ ~~live~~ live as a community in this world. In the community health Disease prevention and Control is very important but the local community ~~used~~ usually doesn't care it. So health Education helps the people to understand and prevent disease. In order to give this we must study the life situation of the people, and what all way we can bring up the people.

First we must make the people aware, ~~that~~ their Rights, Privilege, so that they may not think that they are good for nothing. We must share with the people that when we live with a community there should be some kind of sickness that can come through the water and from different kinds of things.

When a person live in a Society
he should have some inter-relationship with
the people, and also he must know
How to build it. All the people should
know what all things is needed for
there healths. Health is a state of
Physical, mental, ^{and} social, well being, and
not absence of disease or disability.
Men as a social being he must
be able to withstand on his leg.
For this he should be a doctor for
himself then only we can be healthy.

What is Health and Development?

Any Dictionary would give meaning to these words 'Health' and 'development' in few words. i.e., Health means soundness in mind and body. A state of being energetic and having no illnesses. And development means a gradual process of growth in which one reaches his/her maximum growth as a human being. well functioning of all the organs ~~that~~ which constitute the whole human body. More or less this is true of individual health and development. But going beyond these definitions will make us to understand what is health means and development means.

Individual Health.

Individual health means when a person possesses soundness in mind and body. When he has good appetite and digestion, full of energy and having a good physique which means his weight should be neither less nor more ^{but} which is needed for his height. A mental and psychological equilibrium is to be kept up in order to have health in mind and body. One should have control over his desire and emotions, even the jumping imaginations. Many of the psychosomatic illness problems are the phenomenon of these wandering thoughts and imaginations. Therefore proper control over this is an inevitable part for good health. Moreover one should think that 'I am healthy, I claim health' because always feeling negatively affects a certain

extend to the body too. Our belief system has much to do with our real living. And it is clear from many ample examples.

A healthy person will have good relationship with the community in which he lives. He never be distracted by his own pretty dresses for its fulfilment. Also health is, when one has the resistance power (immunity) from all bacterial infection (virus infection).

Healthy man is an ideal man. He has the sensitivity of ^{the} environment and he never stumbles before anything. He acquires the stamina to face even the harsh realities of life.

A healthy man is also able to judge rightly and this would be pleasing to anyone. He takes up responsibilities and makes up his mind in a way that is just and right.

A healthy man will have a mature self concept and competency to execute his decisions. In the social perspective he will be a compassionate man and open himself to others. he gets angry and shows sympathy. He expresses his feelings with out any resistance. Even in a pluralistic culture one steps out from his cultural practices. Healthy man accepts the values of the society, and has a person to person communication.

Feeling quiet at ease and express what ever one wants to say is a sign of health.

Mentally healthy persons seem to approach of their activities in a creative way, they have good feeling about themselves.

Community Health.

Health of the community is always depends on its members. When we say 'It is a healthy community' it means all the members in it have everything is sufficient, Lacking nothing. well accomodations, Good food local, and clothing which are fundamental basic needs. Above all a healthy community means, where all members in it are cared well, shared among themselves, Their problems, aspirations and anxieties. In a healthy community each member lives for the rest of all. His efforts, works and yearnings are utilized for the betterment and the well being of the rest of all.

In a Healthy Community every one gets his/her due. Justice is prevailed and equality is practiced. Liberty, freedom to express ones own feelings and will is not curtailed. Democracy is their policy. Peace and non-violence will be their hallmark of their existance.

If this is defered to a village community all the medical and social facilities are essential to it to be called a healthy Community.

Development.

It is a process of growth in any living being. It is gradual and need time to reach its perfection. Development means - to grow in every aspects in every side that pertains to the individual or a community.

Health and Development.

Health means much more than not being sick. Proper health gives us a feeling of good spirit. Health as a whole includes Physical, Mental and social health. All parts of the body must work properly to give us Physical health. Our mind must act normally to give us mental health. We must enjoy being with others and they must enjoy being with us for social health. Health helps us to enjoy play, work and all other activities. Proper health needs good job, clothing, shelter, and safety.

According to W H O (in 1948) health means state of being well Physically, Mentally and socially, not absence of Disease and disability. Health is not election, drugs, dispensary or hospitals. For the development of individual and the society all the members of the society must be healthy and must be happy.

When we speak of Development we must understand that it is a gradual process. The society cannot be developed when there is no justice and sharing. When a minority enjoys freedom and other facilities how can we speak of development in the society. A developed society needs equal sharing of land, liberty etc. When one is free of sickness we can't say he is not healthy. For the health, one must be happy and must be satisfied physically, mentally, and socially.

Individual health is community health. Community health leads to development. Individual health and community health is necessary.

Individual health.

It is the right of every man. One must be healthy physically i.e. energy to work, play, good appetite and digestion. One must be mentally healthy i.e. happy and satisfied within himself and a good capacity of judgement. Socially, i.e. relationship with family, neighbour and it must be genuine without any difference. It must be giving and taking.

Community health.

When all the individuals are healthy the community is healthy and developed. Here for physical health certain common factors i.e. water, food, shelter, Land, and a good environment is necessary. For mental health then and social health there must be justice, equality and liberation. Making and keeping friends is important to a person's mental and social health.

ASSIGNMENT

COMMUNITY HEALTH AND DEVELOPMENT.

by
BRO. RAPHAEL D. PADINTAKKARA.

As Missionary Brothers, we are called to a special way of life and the people may look at us as the one who knows something. Today the word HEALTH has given a new meaning to the ordinary people even. These days of attending Class on Community Health and development, one Red letter days in my life.

During those days of course, we have the desire to know what is health, community health and its development - physical, mental, social and spiritual.

- what is needed/facilities for common health
- common illness & remedies.
- food nutrition.
- medicines - side effect
- Natural medicine.
- How to organize.
- Mass media/communication.

HEALTH? In 1948, there came up the World Health organization. From that time onward there came up the idea of define the word "Health". Health is a state of physical, mental, social, spiritual (1960) well being and not absence of disease or disability. Whenever we speak of Health, we would think of Diseases and medicine. But Health $\rightarrow$ Individual $\rightarrow$ Community. Health is not medicine but health includes medicine.

~~Here~~ By this course we are trying to be intermediator in the communities where we live - ~~between~~ ^{between} men and doctors.

We had a deeper study on both Vasus and Kumakka's stories. Thus we came across Medical and social problems.

As the mediators between men and doctors what could we do through the simple

Remedy for Diarrhoea and Tetanus.

- What does the Diarrhoea patients needs - water, Sugar and Salt. And the remedy for it is very simple - One glass of water, three fingers of Salt and Sugar - mix and give to the patient. And Against Tetanus Injection can be given even when the women is at the time of pregnancy and to the child.

Here we are asked to note that we have to approach the medical problem through social problem e.g.:- story of the Jamakka village.

The following day we had a very serious study Thirumelty - case and we come to the Major prevention to remove the Diarrhoea. (i) Water (ii) Land reform.

We should be tap farmer rather than the floor moppers.

- (Identifying health.

We can identify the health in two ways (i) Individually and (ii) Community.

(i) - For the following are the signs for mental health -

Energy, Good appetite, good sleep

- Mental health - Happy & Satisfaction with in oneself, Capacity of judgment, good memory etc - At the same time there is another side of it - guilty, anger, fear etc - For the good mental health we should have both but at the same time one should not dominate the other.

- Social health - here comes the relationship, social roles and participation.

- spiritual health - It is the relationship with something that is beyond ourselves.

We identify it in Community level too. physical - here comes the food, shelter, clothing water, land etc and sharing equally.

- Mental - equality / justice and confidence and feeling of togetherness.

finally, what would be the ultimate goal of the Community Health Development It is a gradual process of development for the Better society in physical, Mental & social.

Thanked

Community Health and development

For a man health is very important in his life. Normally we considered health is only free from sick and having good body shape. The definition about health given by WHO (World Health Organisation) is that "Health is a state of physical, mental, social well-being and not absence of disease or disability. In 1960 with the health spirituality also added. Health is not doctors, Nurses, Drugs, Hospitals and dispensaries.

They identify health both individual and community. with following physical, mental, and social. we shall discuss what are the individual health and community health

Individual Health

physical - Here we identify physical health for an individual is that, free from sickness, having good energy, good appetite etc. Physical health is not having ~~the~~ good shape or fat but it is something between fat and ~~maln~~ malnourished.

mental - we considered mental health is having good and bad feelings such as, happy - sorrow, hunger - hungry depression, enthusiasm, satisfied ourselves, etc. Both positive and negative feelings must be expressed not suppressed it will lead one way or another to physical illness.

Social - Social health is mainly our relationship with our family, friends, superiors, inferiors etc. This relationship is not false but genuine, understanding ourselves and others, it is something sharing.

Spiritual - Spiritual health is beyond ourselves the relationship between supernatural power and men.

Community health dimensions

Physical - The community having adequate food, shelter, land water, clothing, etc. good environment.

Mental - Equality, society built on justice needs are met, liberty etc.

Social and Spiritual is what is individual health is the same to the community health too.

This community health is not something pushing out from teachers to students but it is pulling in we had many discussions on many themes and shared to share our ideas with regards to health.

COMMUNITY HEALTH AND DEVELOPMENT

One of the important needs for man's existence is good health. All the people one way or another long to have good health but few possess it. Though all people long to have good health very few have the real knowledge of health for when they think of health the first thought comes to the mind is having no sickness or free from ailment.

First of all this course gives me a clear vision on health. I had rather a mis concept that health is a state of absence of sickness. But now I am sure that ~~these~~ two days classes have given me some true knowledge about health. The definition given by the World Health Organisation is: the state of physical, mental, social and spiritual well being and not absence of disease or disability. Health is not disease and medicine.

Health is not {
Doctore~~x~~ Nurses
Dispensaries
Hospitals.

Health includes medicine but medicine is not health. The doctors are only floor moppers but the health worker is a tap opener. According to Biblical tradition to heal means to make whole. To make whole in mental, physical, social and spiritual dimension.

Man needs all this	→	Physical	- Doctors
		Mental	- Psychologists
		Social	- Politicians
		Spiritual	- Religious.

I believe this course of ours will provide all this aspects. Health and social problems are very much connected or linked with each other. Unless we tackle the social problems we cannot achieve the the goal of health for every one. e.g. Diarrhoea. Mass death takes place in the rural communities because of diarrhoea for there is no proper water supplies and they don't have their own land to work and to have their own cultivation. This are the social problems . Unless we tackle this problems we cannot irradiate this diarrhoea.

Health is not a private property but it is the right of all people to enjoy health. Hence the government should take adequate measure to ensure health to all people.

Phxysical health:

Working well - energy
Good appetiet~~e~~- digestion
Good sense
Good physique.

Mental health: Happiness, satisfaction with oneself, capacity of judgment, able to make decision.

Anger, despair, distress, fear, guilt feeling. If these negative emotions are very strong and continues and not allow us to do anything then mentally we are not healthy. If we don't express these feelings then we will be affected with psychosomatic sicknesses, such as: headache, muscles pain and so on. It is normal for a man or woman

to have both negative and positive feelings.

Social health :

	family
Relationship	friends
	neighbours
	superiors
	inferiors

This relationship should be genuine and not indifferent, should be frank or openness and it should be giving and receiving or taking. Each of us have to develop as we grow our social role; for each one of us have a particular role to play in the society. Civic sense- the feeling of involvement with social life in your community.

Spiritual: All of us human being need to have relationship with something beyond us, what ever we may call it ~~Yah~~ Yahweh, Allah Eswara, Jesus.

Community: Community must be physically healthy means adequate food, shelter, water, good environment, must be accessible to people.

~~Signpost~~ Sign of mental social health in the community is society is built on justice, relationship in which all the needs of people are met, liberty, confidence in the people, feeling of togetherness.

The goal of community health and development is: It is a gradual process to build a better world. All our work is to try to ensure all the people in the community are to reach their full human potentiality. Humanization.

Community health and Developments

Clement

The light of this two days class, what I understand I like to share in a brief way. There was a Organisation W.H.O. In this 100 countries were represented their first task was to set a definition for the Health. Health is a state of physical, mental and social well being and not absence of disease or disability. This classes helped me very much to understand about health. And also I am sure that it will be helpful for my future life.

The most important need of man's existence is good health, when we are in good health we will ^{feel} satisfaction and joy. Health as a whole includes physical, mental, and social health.

Food takes man part to improve our health. Health means much more than not being sick it gives feeling of good spirit. The healthy body protects it self against many illness. It gives us energy.

Health is not disease and medicine. There fore when we talk about health we talk about individual health. When we speak about health, it is not Doctors, nurse, Dinges, Dispensaries and Hospitals and so on. Health consist the life of a human being. Health includes medicine but medicine is not health. According to Biblical tradition to heal means to make whole, to make is mental, physical, social and spiritual members.

Health has got much to do with individuals and also community. Community we can influence the society. and also the social health. It affects the relationship with families, friends, neighbours and so on. We can build up a healthy community when we shared each other the rights, and freedom.

Each individual have got a special role to play in the community to build up a better society. To build a healthy community we require. Adequate food, land, shelter, water, and other facilities. Good environment, Justice, Equality, liberty and confidence. When these needs are met, we can build a better society, but unfortunately these needs are not met everywhere in the countries.

In this society the needs of the poor are not fulfilled, especially the villages and so on. There is people are ignorant about many things. Even their rights in the community. Because of this reason, they are suppressed by the rich people.

Community health also includes the physical health and mental health of the people.

Health is not the private property. It is the right of the people to enjoy the good health. There fore from the part of Government must take all the possibilities to build a good health in the society. Especially the villages.

Village atmosphere is always that healthy one. There we can see all kinds of diseases. Reason that lack of facilities. In order to eradicate all the infirmities from society work hard to reach out to people and learn their life situation and instruct to lead having good health. This health affect physically mentally and socially. For we know about health and development is something great. Since I am going to work ~~with~~ among the poor. Hope that remaining course will help us to know more about the community health and development.

Community Health & Development:

First of all that we should have the knowledge of the sourding of the community. To see the health of the people and their development we must study the situation. To bring them up not only for their physical health but also their social, mental this aspect also we must study. Because ~~the~~ if we see one aspect and work on it we will be not be success. Now the building up the community or society. they must be made awarenness they ~~to~~ must be open by them ~~sells~~ selves they must have the knowledge of the person and their behaviour in some extent. It not enough to see their behaviour but see the sourding ~~era~~ place that it is clean or not. and their basic needs. To build up the community people must not work only for one cast or one religion people. but work for all people and they can approach with full confidence. To see the health of the people one has to see the sickness and how can be prevent that sickness. To bring the people in their health and development one has to see ~~the~~ that the people is is getting a food and naturing medicines. To find out the how to prevent ~~at~~ the habits which is harm ful for the community. Instruction for natural medicine. For this ~~we~~ one has to orgnized the ~~sep~~ Community Health. Community development. To use the mass media for the

The health is not Doctor/nurses. Drugs, dispensary & hospital. This are the media to bring health for the society.

Individual Health.

Physical health: To be healthy one has to good body function. He will be free from all the sickness. work well. it means that he has good energy. he has must have

mental: we must have the capacity of the judgement. we must feel happy, satisfied, himself Good memory. Enthusiasm. It may be ~~not~~ ^{as} normal. If the all the matter is in negative positive and other negative matter is not feel by man than there will be physical health will effect.

Social. If we want to build the better social health one person has to have better relationship.

In the family, between friends, neighbours superior. It must be genuine relationship must be not indifferent. People must be open themselves they must have understanding. They must have the mentality of within, giving and Taking. For this each one have the social Role by the good work and Job we can not build related to whole Country.

Community Health development.

No-63

Ronald.

I feel that Health is ~~not~~ not state of sickness. When we are healthy we feel happy and we ready to help or do any kind of work.

Health can divided into ~~two~~ Parts. Physical, Mental and Social. Physical health means body ~~from~~ functioning well and free from sickness. Mental health means - Not Abnormal, good memory, happy, satisfied himself, capacity of judgement. Social health means - ~~good~~ Relations with Family & friends, Neighbours, Superiors, inferiors. Spiritual health ~~means~~ good of soul & faith - Beyond ourselves.

~~With health there are~~

We can ~~be~~ divided health into two. Individual and community health. Our idea about health is doctors, nurses, ~~and~~ dispensaries and hospitals so on. It is not a health but it is only medical program.

In general, individual health is ~~concerned~~ concerned about one elements appropriate diet, and Physical exercise to keep one healthy and free from ~~in~~ sickness. According to me Individual health is not ~~not~~ different from ~~the~~ community health.

In the community there are many people
others for in the community one person will
suffering from sickness means all the other
people also will suffer as ~~well~~ physically
or mentally. Therefore community people
must be tried to keep clean surroundings
and so on.

A man should be ~~to~~ physically, mentally
— Socially and spiritually healthy. A man
who is a healthy for him not need
doctor, he is a doctor himself.

In the community health also we can
find same effect.

HEALTH AND DEVELOPMENT

Roll No: 66
6-6-88

The first session of the class we discussed how to build a community health and development. Doctor Ravi asked Poros in order to build ~~the~~ good true community what are the elements and pulling in Education solving the problem which existing in society, and with in oneself. If we want to prevent this sickness we spread the basic idea of cleanliness of the surroundings of the house. And further more we discussed about the community involvement planning for future.

Health is a state of physical mental social and spiritual well being and not absence of disease or disability. After some time we divided into 5-6 groups to discuss the matter in that we heard 3 stories in different ways. In that situation what we do. The two children's case, their parents were very poor and ignorant of medicine, sickness and right level of money some times ~~late~~ the treatment of

of the sick person and lack of medical
Govt hospital was not for the poor
Govt is not very careful about problem
of the villages. what are the problems
people are facing. In the community
health development, our physical
mental and social should build
with in ourselves the awareness. In the
village there are individual food
problem, lack of money, school admis-
sion, better, unemployment, diseases
if we want to prevent all these
sickness about our health, good weight
free from sickness, work well, good
appetite and good sight of our
5 senses, good memory and
an enthusiasm, being open to others.
mutual understanding available to
others in various aspects.

with regarding the physical
adequate food and land, clothing
and water is very important in our
life. first and foremost we need
water supply in every village
and in that we should share
in the society and feel the equality
of justice and liberty in the society.

✓ By this class we learned that Community Health means not as one person's health but as group of people or a society living a physically, mentally, socially and also spiritually well balanced.

In older days people used to think that health means having no sickness physically and keeping up the body structure are known as health. In our present age we think that health means our mind goes to the medicine and Hospitals, Doctors and so on.

In 1948 there came up the World Health organization. Here comes the idea of defining the word health. Health is state of physical, mental, social and spiritual well being, and not the absence of Disease or Disability. We are all called to be healthy physically, mentally, socially well from this comes the Community health. As we think health is not the Doctors, Nurses, Drugs & Dispensaries, Hospitals, Medicine.

If we want to have good and healthy community, people must be thought what is health and what is need of it and how to get by ordinary or natural means.

Development: This actually means process of growth or Development. Government ~~has~~ what has to do for this is not only support or giving the medicine but see that they had a sufficient water to drink and to clean themselves.

Development program is that all the people must be provided with basic necessities that is food, shelter, cloths etc. And some land for them to work and live by that as human do that people might be satisfied themselves, for this they should have good environment. For all things to have people must be humanized. And the goal of C.H.D also is to have that in the humanized the people.

Introduction.

We generally speak the man is individual, but he considered as a rational animal, Man alone cannot do anything without others co-operation, he has to involve in with pluralistic way, ~~therefore~~ socially (Community). In Christian way of speaking the Adam was created by ~~him~~ God, at the same God gave one more assistance to him that is Eve, to live joyfully together. Today we considered like that to live in a community. In order to ~~run~~ run that community well, should have some ~~decrease~~ good health to all its members. In order to have good health we prevent the reasons.

What is Community

Community is a group of people in which all are taking part to run in a smooth way. First of all we all must understand what is community, the owner of the community. Man is a social organism, animal he has to live in with others. Thinking and feeling is very important in our daily lives. It will be cause to ~~our~~ daily on our community life very often. The community in which have many problems, but man individually thinking quite different ~~is~~ of each other. These for this problems, must be solved in a easy way. In this world we can see the ~~community~~ communities in which poor and rich, Here we take the poor community, it should be brought out in a rich way, means, in a healthy way. There are many community in the world.

What is Health:

Health is a joyful life. Healthy makes a man let forever joyful in his life. This Health can be understood. Health is one of main elements of man's existence. Health is considered as a changing reality in man's life, it may bring sometimes good and bad means (unhealth). In order to have good health or not, that is depends upon each and every individual's effort. Suppose a man is not good health in the community it will affect all the members of the community. Normally we understand the good health in working hard, ~~with~~ good appetite, more ~~the~~ energy and so on.

Community Health Development:

First of all we find out the surrounding area of the people who are living in that place. Because the ~~surrounding~~ surroundings and environment may be bring many sicknesses and affect the good health by the keeping the surroundings unclean. Nature and surroundings is very important. Secondly, the water which is very important for man's existence, so the water mainly important to keep up well. Here each individual should know the health education to prevent the sickness and ~~find~~ out to do remedy immediately. Suppose we are in the poor community we should, the natural medicine to cure the sickness we need the doctors advices. We should have immediate medicine facilities. The person who effected certain sickness should be kept up alone, and to be treated. Those who in the community who get sickness should express outwardly, to the community, so the community ~~and~~ will alert to find out the treatment.

Community

When we speak about Community in social level, you and I are fitted into one another in infinite nearness, in Mutual Penetration, forever inseparable, resting one another in inmost mutual understanding or Participation. Here the likeness of Personal being is evident, but this social aspect implies an equilibrium between social and Personal being, each conditioning the other. We know well, the Community in which in all are living, but at the same time there is plenty of Problems also which affect the Community, mainly the language, culture, tradition, rich and poor, etc. Therefore, we as the members of the Community should aware of the facts which facing the Community.

Health and Development

No: 69.
Bro. Tomy Joseph.

What is health?

According to "world health organization health is a state of physical, mental, social well being (1948) and also in 1960 spiritual aspect also added and not absence of disease or disability (infirmity).

proper diet, clothing, shelter, exercise, rest are needed for the health.

✓ physical health - To maintain health, a person must keep his body and his clothing clean. The home or rooms should be well ventilated. Drinking water should be clean. Food and nutrition also needed.

To be healthy means to have energy to do our daily duties.

mental or psychological health - This means, can a person is able to stand in any situation, is it he well balanced in his judging capacity. Happy with oneself, fear, anger or his emotional feelings, how he controls it? If a person is well balanced in any situation, if he can adjust himself, then he is mentally healthy (i.e) ability to take decision

social - Relationship to his family, to his friends, to his neighbours, to his superiors, to his ~~socio~~ society, and

his role or vocation in the society.
so his relation should be
genuine, it must be based on mutual
understanding. They should support each other.
Spiritual - ~~The~~ The person should have
the faith in some supreme power that
is beyond himself.

What is against health?

Sickness, poverty, lack of pure water
causes our health.

5 Common Diseases

Flu, Fever, Dysentery, skin disease, chicken pox, ~~these~~
these sicknesses ^{are} coming because of food problems,
lack of water, cleanliness

Another illness is that "diarrhoea"
it is good to know "Gager-salt" solution
for diarrhoea.

It is our duty to keep health
individual and community, then after getting
sickness ~~and~~ treating for health.

Development - (1) To solve these problems,
supplying ~~and~~ water and ~~the~~ land reform.

(2) Be tapturners off diseases or class tap
but not floor mappers.

So, for the development we have to
see the life situation of the community
(as it is at present)

- ② what is needed / facilities for community health and development.
- (a) common illness and remedies.
 - (b) Food Nutrition.
 - (c) ~~the~~ 'Nature' medicine.
 - (d) Environmental health
 - (e) Health Education
 - (f) Air pollution
 - (g) Preventive medicine.

Introduction:

Health is a state of physical, mental, social, well being and not absence of disease or disability. Health care is not only everyone's right, but everyone's responsibility. The medical knowledge should not be the guarded secret of a select few, but should be freely shared by everyone. As health workers, his first job is to teach. This means helping people learn more about how to keep from getting sick. And also to help the people how to recognize and manage their illnesses including the sensible use of home remedies and common medicines. Here I am going to deal with individual and community health.

Individual Health.

Health is not doctor, nurse, strings, dispensary and hospitals. But it is a physical mental and social well being.

Physical Health :- work well, good appetite, good sight, free from sickness, body functioning well, weight good energy.

mental :- Good memory, Happy, satisfied capacity of judgement. Enthusiasm etc.

Social :- Better relationship with friends family, neighbours, superiors. This relationship must be genuine. Then the social

role. That is our vocation and mission.
Use our right. This all have in a
man he will be a healthy man. For
achievement of this we must be aware of
ourselves (our health). How can we keep
our health for this we must know about
the sickness and use of the natural
medicine cleanliness and absence of the
liquor things etc. This can get only through
education. If we are not care of our
individual health and we are not healthy
that will affect to all the community
members.

Community Health.

In the community health also
we can see social physical, and mental.
physical - Food shelter, clothing water facilities, Land
good environment. This all required for the
physical ^{health} of the community.

mental - Equality, Justice, Liberty.

for social - Democracy.

How to work out. First needs -
first finding out their needs and biggest problems
The Teacher the people about the need of
health. How to keep and so in the community
^{cleanliness} cleanliness is very important. Then Teacher
them about natural medicine what is available
in their place.

WHAT DOES IT MEAN TO ME BY L.H and b. 2

within these two days I have been going through this course and I found that this course is a most essential to each man and woman who live in a Society especially like our country, India, where injustice, poor are depressed and suppressed by the Land Lords and rich millioners, due to their countable families, some are needy because some are greedy. I feel that I have a prime duty to make known to the people and convince them about their right and so on and particularly to help them being an example to them in day to day life.

Community health and development gives me an insight to open my minds widely and do something for the needy; But I could not be able to do anything unless I get some basic lessons regarding it there. So I would say that course like CHSD will help me to learn how to work among the people.

We may learn many things but our knowledge remains in surface, for such course will ~~not~~ not help us basically because as we said many were trying to become the floor moppers and fails to see the inner problem, sociologically what they face. When we have failed to understand what are the basic problem in social, then we are able to solve others wise we can heal the sickness but problem still remains.

We see in the society people are worried with many problems, due to the poverty, illness, disharmony, lack of water and so on, and when we go to them we are asked to console them by providing their needs and wants, and I am sure that if mostly all of us were trying to do the same as above, then only people will be satisfied and happy with us.

But this course gives a new idea and tries to build up a new era in the lives of the people by solving and helping them to prevent, in order to prevent what are the basic ideas that they have to keep in mind.

people should have the basic knowledge this can be acquired only through the education, by education they will learn how to clean themselves and their surrounding and so on, we see in many places cleanliness has not come far of their area due to this they are affected by many sickness, calamities, and even quarrels have come up, here and all, if we want to help we must learn something that C.H.T.D can teach me and I am convinced that this course will give me the basic knowledge to work among the people especially as I go to interior village area of North east after my studies over here. Thanks

6-4-88

This federation started in 1983⁷⁸, and there are 3 groups in it. Such as: $\begin{cases} \text{CHD} \\ \text{CSM} \\ \text{media (Audiovisuals)} \end{cases}$ It is mainly started for all the people of India especially those who are in rural areas.

It's main activities are such as;

pulling in Education,
learning from the people about their sicknesses by learning it, finding the resources to overcome their sicknesses.

and making the people aware that these associations are only meant for them.

living with them, eating with them, above all being open to them. and finally Teaching them about ^{the} causes of their sicknesses, and how to overcome their sicknesses etc...

In addition it is also dedicated for the development of

the people as a community, not merely individualistic. based on this they also do some necessary ~~and~~ aids (or) helps to the people both intellectually as well as materially. Such as

giving them medicines, making all the facilities of water supply, and conscientise the people about their rights, their idealisms, ^{as an} ~~and~~ Indian, and instructing them to lead a good and gentle manner of life, and fighting against their injustices that they are to face under suppression, and above all how to stand in their own legs, not depending on some one else's. and fighting for the land reformations etc... Also their duty is to learn as well as to do work for the people, etc... Is their activity relevant today? yes, their service is selfless, ^{and} ~~not~~ for the complete development of all peoples even to those who live in remote areas.

They have the hope that by 2000 A.D there will be health for all people of India, not only for the Rich. They instruct the people that everyone has the duty to learn about a Community health and Development, as a Community. They wish that all should share their work for the health and Development of all the Peoples. It is a gradual process, But much meaningful and glorious work. It is not the mapping the Poor Community; but "Closing the loop off" of the Community, therefore it will surely ensure all means to destroy all the sources of sicknesses by 2000 A.D. Also will destroy all the barriers which prevents the people to overcome their struggles.

As for my understanding it ^{is} meant for all the Peoples, both: Rich and Poor, but socially oriented. Therefore, I hope it will surely ensure all the Peoples to support and co-operate with this Association. ?

HEALTH AND DEVELOPMENT



Roll No. 73.
MR. POYCHAN.

✓ - One can be said to be healthy, when he is well balanced in physically, mentally, socially and spiritually.

- There are social and medical reasons to have a healthy background for an individual and for a community.

- We should have a social role to play in ourselves and in the society. Then only the social health is gained.

- A mentally healthy person sees the life realities as they are and not under the attack of psychosomatic diseases.

- A socially healthy person will not be indifferent to the realities.

• - As a health worker one's motto should be "NOT WHAT, BUT WHY."

- Health is gained, when the ultimate root cause is cut off; means don't be "floor moppers, but be Tap Tummers of the diseases!"

HEALTH & DEVELOPMENT

I am very happy to write a few words about "Health and Development".

Health is a state of physical, mental, social and spiritual - well being and not absence of disease or disability. Health is not disease or medicine. But Health includes medicine.

According to me, for good health is a very simple one - water. We cannot have the best health without drinking water. Since water is essential to life and can help prevent disease and thus prolong our life. But the poor people or the illiterate people do not aware of this fact. I would say that it is our duty to teach the people about the need of drinking good water. Many people do not realise how vital water is to the human system.

I am not saying that health is consisted only in water, rather we should have a cheerful heart, so to say that one should lead a happy community life that is what important, the main reason for

Disease is that unhappy life. If the community in which we are living is a happy one, then there won't be much disease.

We are emotions, we are will, thus we can think, feel and do. And because we can think, feel and do, we need information, inspiration and motivation.

But many are not aware of this fact. So being a religious it is our duty to teach the poor people about these. The illiterate people believe that Health is medicine. So it is our duty to understand them that health is not only medicine.

Another problem for poor people is that Food problem. They don't have enough Food to eat. Then Poverty, then Unemployment because of these reasons most of the families are broken. So we must be able to solve such kind of problems and teach them the need of a Health, and the Community development.

Community Health and Development

It is mainly meant for all the people of India, especially those who are in rural areas.

In 1948 the W.H.O gives the definition for the health is that health is a state of physical, mental, social well being and not absence of disease or disability. Community and individual also included in this definition. Health is not Doctors, Nurses, Drugs, Dispensary, Hospitals.

Its main activities are such as: pulling to Education, teaching them the people about their sicknesses, finding out resources to overcome their sicknesses. Living with them, eating with them, and finally teaching them about the causes of their sicknesses and how to overcome their sicknesses.

In addition it is also dedicated for the development of the people as a community not merely individualistic. Based on this they also do some necessary aids to the people both intellectually as well as materially. That is giving them medicines, making all the facilities of water supply, and conscientise the people about their rights, their idealism as Indian, and instructing them to lead a good and gentle manner of life. And fighting against the injustices that they are to face under suppression, and above all how to stand in their own legs.

not depending on some one else's,
Also their duty to ~~teach~~ as well as to do
work for the people.

If a community should be healthy -
it requires adequate food, shelter, and
water, clothing etc. above all society all
the resources must be shared equally. The
liberation of sharing the ideas, also ~~the~~
independence, community health and
Development.

It is a gradual process Better Society
But basically each ~~one~~ individuals are
potential. There for all are work
must ensure that their barriers are
destroyed.

Community Health & Development

Roll No. 77

Bro. Luckose

I am very glad to share my understandings and ideas on Community Health & Development. I am also very glad to say that, within this short time could gain much knowledge about it. Since I live in a world and as a religious brother, I should know what is happening in the society.

Now we all are living in a world, that is broken selfish and unjust. Christ came to restore this original relationship through his mission. He has entrusted this mission to his followers. As a religious brother I must realize that he work for peace, liberation and justice in every sphere of life. The problem of extreme poverty, unemployment, caste oppression and over all social degredation not yet solved remain yet to solved. The gap between the rich and the poor has widened. (Gandhi said that there are things enough use of every body's need but not for greed." In this 21st century who will accept this idea. The majority of the people (India) are below the poverty line! The Malnutrition and various sickness are one side. The inhuman practice of bonded labour is still continuing. The exploitation of wages and other regulations are not at yet organized. Political life is increasingly marked by self-seeking and irresponsibility. Thus various forms of corruptions are going on in the society and within the church. The whole legal system is weighted in favour of the rich.

The world is existing above the reasons. So, as a brother I should know the life situation of the people. The morality and decency, I tend to accept it as a recognized way of life. It is not only individual acts of injustice, but the people that even a good person finds it extremely difficult.

I should aware the unjust social and economic structures that multiplicity of injustice. I should create in myself an urge to do everything within my power, individually as well as collectively.

I should make the people understand the facilities needed for the health, the use of foods, Alcohol, common illness, and how to prevent it. Social awareness, the rights of the illiterate people, use of artificial things, medicine, the development of agriculture, education, how to live in the community or individually, how to safeguard their lives, how to organize community health etc... from my part to help the poor people. And also I should solidarity with the poor and what is ought to do, I must feel that way about the Church or society. However, I can establish the primary requirements of a just order in the society. we all are called upon to announce this goodness of liberation and justice to all people.
